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HUMAN LIFE FROM MANY ANGLES

Teaches You the Law, the Way, the Means,
the Methods, to Health, Happiness
and Prosperity.

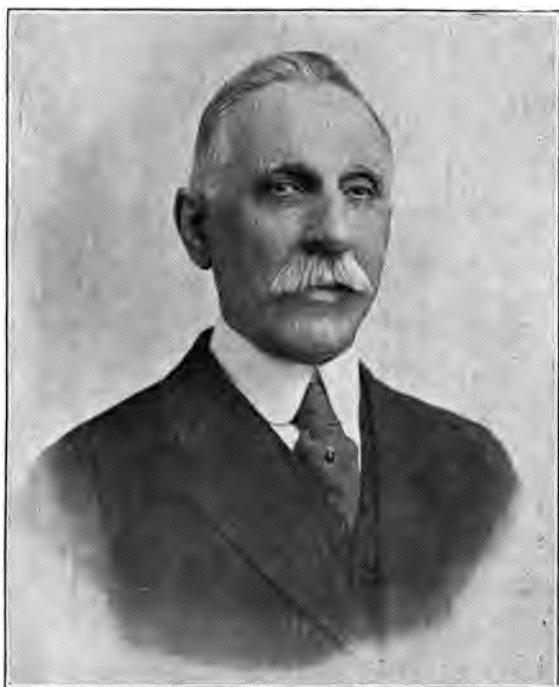
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Faithfully Yours
WALTER MATTHEWS

*To my dear wife, who has been instrumental
in making this work possible for the
benefit of mankind, my brothers
and sisters, I lovingly
dedicate this book.*



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Prefatory Note

We are each of us a channel through whom God sees, thinks, works and acts. We are continually receiving. We cannot give before we receive, but if we do not give after we receive we obstruct the channel.

Having had many requests for my tabloid articles in book form, I herein send them out into the world with the hope that they will bless, cheer, purify and heal mankind, and be an inspiration to many despondent and discouraged soul to rise in the strength of Spirit, and assert and claim their freedom from all limitations of the flesh.

I have had much leisure in the past eight years for meditation, concentration and introspection, because of blindness. Having received great spiritual blessings myself, it is my duty to endeavor to pass them on to others.

"Of myself I can do nothing—it is the Father within me that doeth the work."

Everybody and everything in the world is a medium through whom God is expressing; every flower is a medium for the expression of beautiful color effect and delightful odor.

We should keep our minds hospitable to lofty ideals and noble aspirations. See only the good and the beautiful in everything and everybody.

Faithfully yours,

THE AUTHOR.

In loving remembrance of our son, Bert E. Matthews, who composed the following lines:

TOAST

Here's to every one I know;
Here's to those I don't.
Here's to all who like me;
Here's to those who won't.

Here's to all that I call friends,
Though they be far apart,
For friends are few to me and you—
I mean, friends of the heart.

Here's to all my enemies,
No matter where they be;
I'd be a friend to all of them
If they would only let me.

Here's to all the people who
Helped me get a start;
I only pray for the day
That I can do my part.

And here's to every one
Who tried to keep me down;
I drink to show and let them know
I don't upon them frown.

So every one drink hearty;
Not only to your mate;
Let every one beneath the sun
Know your heart bears no hate.

March 1, 1910.

SILENCE, PRAYER AND AFFIRMATIONS

What things soever ye desire when we pray, believe that ye receive them, and ye shall have them.—Christ Jesus.

More things are wrought by prayer than this world dreams of.—Tennyson.

There are times when everybody prays, consciously or unconsciously; but many people do not understand the real nature of prayer. Paul says—“Faith is the substance of things hoped for, the evidence of things not seen,” and “That whosoever cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him.” God is not in some distant place. God is Spirit, and there is no place where God is not; everyone may find God by looking within.

Ella Wheeler Wilcox says:

Who goes God-hunting, and looks within,
Is guided, ever, away from sin.
And who knows he is one with the Primal Power,
Is given direction from hour to hour.

H. Emilie Cady says, in her Lessons of Truth: “Desire in the heart is always God tapping at the door of your consciousness with his infinite supply—a supply which is forever useless unless there is demand for it.”—“The thing you desire is not only for you, but has already been started toward you out of the heart of God; and it is the first little approach of the thing itself striking you that makes you desire it, or even think of it at all.”—“Desire in the heart for anything is God’s sure promise sent beforehand to indicate that it is yours already in the



limitless realm of supply; and whatever you want, you can have for the taking."

Mr. Charles Haanel, author of the Master Key, says: "A recognition and understanding of the resources of the subconscious mind clearly indicate that the only difference between the subconscious mind and the Universal mind is one of degree; they differ only as a drop of water differs from the ocean. A recognition and understanding of this principle places one in touch with Omnipotence, and explains the wonderful results that are obtained through the power of prayer."

He prayeth best who loveth best all things, both great and small.—Coleridge.

Meditation is the soul of prayer and the intention of our spirit.—Jeremy Taylor.

The Temple of our purest thought is—Silence. Let us be silent that we may hear the whispers of God.—Emerson.

He prayeth best who loveth best all things, both great and small.—Coleridge.

Meditation is the soul of prayer and the intention of our spirit.—Jeremy Taylor.

The Temple of our purest thought is Silence. Let us be silent that we may hear the whispers of God.—Emerson.

When we get perfectly still, and completely relaxed, and look within, we are in the silence; in the secret place of the Most High; under the shadow of the Almighty, with Christ; and then, realize that we already have received whatsoever things we desire, for everything must first be born in mind before it can come into outward expression.

When people are ill, many are under the impression that at such times to affirm, I AM Health, I AM Strength, I AM Vigorous, I AM Masterful, I AM Vibrant with Life and Health, is making a misstatement of the actual facts, but this is not so, for the real You, the Image and Likeness of God, the reflection of God's perfect idea, perfect man and perfect woman could not be sick no more than God himself could be sick; hence—to realize and affirm

the actual truth in absolute faith will set you free, no matter what the physical trouble may be, for Jesus said: "Ye shall know the Truth, and the Truth shall make you free."

Honor, happiness and prosperity are mine now, and through them I am achieving thy glory and all good for myself and my fellowmen.

God blesses me this day with health, strength, vigor, power, poise, purpose, purity, prosperity and plenty.

God in the midst of me is mighty. Listening with the soul, I hear the Silent voice of the Spirit.

In this silence, I worship God within and without, Omnipresent, my source and my reward.

I am fearless, I am trustful, I believe in myself as an offspring of God.

Life, divine life, God's life, is now resident in every atom, and in every cell of my body cleansing and washing out all inert and lifeless cells, and replacing them with new, young, vigorous, active, healthy cells, to do the perfect work which God designed them to do.

I am a co-worker with God; all of the resources of the universe are available to me for the successful persecution of the work which God has given, and is helping me to do.

Every impulse of my nature, every aspiration of my soul, every ambition of my life, is Thine.

The Lord is my Shepherd; I shall not want.

I will be ever conscious of my unity with God; I will listen for His voice, and heed no other call; I will separate all error from thought of man, and see him only as my Father's image; I will keep my mental home a sacred place, golden with gratitude and rendolent with love; I will send no thought into the world, but what will bless and cheer, purify and heal; I will have no other aim than to make this earth a better and holier place, and rise this day to a higher sense of Life and Love.—C. S.

NATURE'S LAWS

It is inconceivable that any human intelligence can know, understand or explain why any law of the Creative Intelligence or Nature exists. Scientific investigation conclusively proves that certain laws of nature do exist and that they are immutable in their operation. Man is not on such terms of intimacy with the creative intelligence as to know the why and wherefore of ultimate causation. An unknown writer says:

"From nothing we came, and whatever our station,
To nothing we owe an immense obligation.
Whatever we do, or whatever we learn,
In time we shall all into nothing return."

To this irrational Soul annihilator, Burgoyne replies:

"From an infinite source midst realms of light,
An offering from God; my soul took its flight;
To gain amid matter, with its trials and pain,
The knowledge to carry it homeward again."

There are enlightened souls who can trace nature's laws far back into the remote past and predicate the dim vistas of the great unknown. My friend, because we are not so enlightened are we justified in going through this sphere of existence in an apathetic state of mind? We know that certain laws of God do exist. We know that for an infringement of any of these laws of nature we are obliged to pay the price of impaired health, unhappy associations, undesirable circumstances, poverty, etc. Then is it not desirable to spend at least a portion of our time and effort in acquainting ourselves, and getting in alignment with the laws of nature that will bring us the maximum of joy, happiness, prosperity, and everything worth while? All habits are formed by iteration and reiteration; this is one of nature's laws that can be used destructively or constructively; we do a thing and continue to do it again and again and after awhile the impression made on the subconscious faculties will cause us to do the thing almost automatically.

"God is a law to men of sense; but pleasure is a law to the fool."—Plato.

THE PROMISE

Notwithstanding the fact that man has been instrumental in bringing into manifestation machinery and instruments that are almost incredibly marvelous—I say notwithstanding this fact—the most intricate machine or instrument of human contrivance is, after all, only a miserably poor thing as compared with the mechanism of the human body.

There is no machine or instrument so greatly abused and with which human beings are so little acquainted as that of the human body. There never has been any work of fiction or study of any nature so intensely fascinating as the mysteries of the physical and metaphysical man; nor is there any other subject of study so profitable.

If you owned an automobile or flying machine you would want to be as sure as mortals ever can be that every part was in perfect adjustment and perfectly oiled before starting on an extended trip; but how careless you are regarding the mechanism of the human body. You are content to go through this earthly existence in almost total ignorance of its various parts, which you expect to respond perfectly to your every requirement. You are indifferent about what you eat and drink, how you breathe and exercise, and the thoughts you entertain.

Reader, if you will give thoughtful consideration to these essays on "Human Life From Many Angles" and endeavor to put them into practice, and profit by the suggestions incorporated in them, the promise is that ultimately you will be master of your own body, circumstances and environment. You can enjoy every moment of your life, all aglow with health, joy and happiness, and you will also learn how to make your every undertaking a success. You will have to do the work, though you need not give up any good thing.

"Whatever the will commands the whole man must do! The empire of the will over all the faculties being absolutely overruling and despotic."—South.

"An acre of performance is worth the whole of promise."—Howell.

HOW TO ACQUIRE KNOWLEDGE

The actual knowledge acquired by graduates of a high school is inconsiderable, in view of the fact that they did little less than study during a period of from 12 to 14 years. I believe the little that children accomplish in school is accounted for by the fact that they are taught in classes without consideration for their natural tendencies; hence, in many cases, their interest is not sufficiently awakened to fix their attention upon their studies.

It is generally supposed that people of mature years do not learn so readily as children. This is an error, for the mind does become keener and brighter with advancing years if exercised by studying things that are of special interest to the student. It therefore follows that men and women never grow too old to acquire more knowledge, providing they are intensely interested in a particular field of investigation. Study should never be hard whether the student is young or old.

Can you imagine Luther Burbank being fatigued while studying his various plants? Why not? Because he is always interested in each and every plant.

When you are particularly interested in anything your mind is concentrated upon it; you are studying it, and under such circumstances your memory, because of the interest you have manifested, receives deep impressions.

One can not be forced to love anything. If you do not love your studies or your work you can not become very efficient in either. Whatever a boy, girl, man or woman really desires to do, that, they can do, for it is the urge of the Soul.

"Every person has two educations, one which he receives from others, and one more important, which he gives to himself."—Gibson.

SELF-CULTURE

A complete mortal man is a physical, moral and intellectual being.

If we develop the physical only we will not be much above the savage.

If we develop the moral only we will be an erratic enthusiast, verging on insanity. If we develop the intellectual only we will have an arrogant, undesirable personalty. The utilization of our spare time is an important factor in self-culture and will accomplish wonders. Solomon said: "In all labor there is profit," and reward seldom comes to man without it."

Elihu Burritt became a great linguist, mastering forty languages during his spare moments. Place great value on your leisure moments—they are precious. A small accumulation of self-culture each day will pay tremendous dividends. Self-discipline and self-control are necessary to every earnest student who wishes to acquire wisdom.

The best mental work is accomplished in the early morning hours when the mind is rested, recuperated and most vigorous; hence early rising is advisable.

Almost every one knows something of the history of Benjamin Franklin. They know he was a poor boy, who took up the trade of printing. They know he had no advantages of school education, such as any boy may have in this day. He had no teacher to help him, but his education progressed because of his insatiable desire for knowledge. Notwithstanding his environment and circumstances he rose to great eminence as a philosopher and statesman.

The young men of today are attracted away from school by the high wages that prevail and often are unwilling to pursue any definite study after quitting school. Young men, keep up your studies. Read the biographies of Franklin and Lincoln.

"He that loves reading has everything within his reach."—William Godwin.

ATTENTION

On what is your attention mostly fixed?

Have you an intense desire or longing to be an accomplished musician, artist, a successful business man or woman?

Have you a definite goal to which you wish to attain?

Do you wish to enjoy good health every moment?

Would you like to enjoy fame and fortune?

Is there any one thing you want more than another?

Then let this one thing be your first goal of attainment.

Make a mental picture of what you want, and keep this picture continually before your mind's eye.

Frequent concentration on the mental picture you have formed connects you with an immutable and ever-operative law that, like a magnet, draws to you the thing that you so earnestly desire.

Psychologists, like Dr. James, Hudson, Peterson, Dubois, Troward, and all efficiency engineers, declare that whatever you want to have, you can have; whatever you want to do, you can do; and whatever you want to be, you can be. These statements are emphasized by thousands of men and women who have attained their goal against fearful odds.

There is no ambition or attainment that is impossible if you will learn how to connect with the law that is always operating.

Keep your attention fixed upon the mental picture you have formed and learn how to contact with your subconscious mind.

If your attention is fixed upon trivial things you will be inevitably drawn toward those things. If you have high ideals you will be lifted up and transformed.

"The power of applying attention, steady and undissipated, to a single object, is the sure mark of a superior genius."—Chesterfield.

INTELLIGENCE

Biologists tell us that your brain and my brain are identical in chemical substance with the brain of a Lincoln, Franklin, Edison, or any other great brain. We often hear it said that this or that person has a wonderful brain, assuming that because they have a wonderful brain they can accomplish more than other people who are seemingly deficient in brain matter.

The brain of a human being is matter, and matter has no more intelligence when called brain than when called a phonograph record. We all know that a phonograph record has no intelligence within itself, but intelligence is impressed upon it, and when it is conjoined with the various parts of the instrument to which it belongs; and when the instrument is operated by intelligence, then the record manifests the intelligence that has been impressed upon it in speech, music and song—even the various tones of voices are distinguishable. Yet this record, being purely matter has no intelligence within itself.

Henry Drummond says that "the emotions which appear in the growing child are manifest in the following order: At three weeks fear is perceptibly manifest in a little child. When it is seven weeks old the social affections dawn. At twelve weeks emerges jealousy, with its companion, anger. Sympathy appears after five months; pride, resentment, love of ornament, after eight; shame, remorse, and sense of the ludicrous after fifteen." And, strange to say, these emotions are impressed upon the brain of all animals and appear in like order throughout the animal kingdom.

The Frenchman, Theron Dumont, in his work on "Personal Magnetism," says: "Nothing can come out of a brain that has not previously been put into it." The brain does not do any thinking. It is also manifestly true that if brain constituted the intelligence of a human being, then death would end it all, and we could not reasonably believe in continuity of life, for the brain is buried with the body and its time disintegrates into its native elements.

OPPORTUNITY

Many people are waiting for opportunity to knock at the door, but when it does knock they are seldom ready to take advantage of it. No man or woman need wait on opportunity. We all have the innate potential power to create our own opportunities.

There are more opportunities in the world today than ever before; the door is open to every one, and no one can close this door but one's own self. No matter whether we live in town, country or city, we can create our own opportunity.

Did Mr. Woolworth, who created a chain of more than one thousand five and ten cent stores, wait on opportunity? Did Thomas A. Edison and thousands of men and women who have achieved big things wait on opportunity? Decidedly not! They either created their own opportunity or prepared themselves to receive it when it presented itself. We have the power within, but the secret of success is to employ our power and talents and be prepared for opportunity when it comes.

Every thinking person knows how alluring and seductive is the road that leads to self-surrender, self-indulgence and self-destruction. There is something in man that tells him this sort of life is wrong, and if he has the slightest desire to amount to anything, he must be moderate in all his ways and create or prepare for opportunity. What is opportunity worth to a man who is not ready to take advantage of it?

The most successful are those who have not waited for opportunity, but have reached out after it, conquered it and made it their servant.

"To improve the golden moment of opportunity and catch the that is within our reach, is the great art of life."—Johnson.

NEW YEAR RESOLUTIONS.

It is inconceivable that anyone would deliberately make New Year resolutions of an undesirable nature; therefore it is obviously a good habit to commence each New Year with constructive resolutions. Someone has said: "Either I will find a way or I will make one." There is no ambition or desire within reason that is impossible to a student of psychology and efficiency methods. What you are to be, or become, depends upon the character of your resolutions. Do not be indecisive; realize exactly what it is you do want to have, to be, or become. "I can not" never accomplishes anything. There is a dynamic power back of "I will" or "I will try."

First we think, then we act. To consciously think that we "can" impels the subconscious faculties into action. A determination toward any goal of attainment places us in rapport or harmonious relation with Omnipotence. Be firm and resolute in will, and the world will respond to your desires.

The Scriptures say: "We reap what we sow." Can you imagine any better kind of sowing than good resolutions? The seed soon begins to push out into objective manifestation, indicating what the fruitage is to be. If you accomplished but little the past year, doubtless it was because you attempted little.

Many who incline to procrastination usually magnify every seeming difficulty, and seldom attempt much that is worth while.

"The nerve which never relaxes—the eye which never blanches—the thought which never wanders—the purpose which never wavers—these are the masters of victory."—Anon.

Affirm daily: "I am a co-worker with God, and all of the resources of the universe are available to me for the successful prosecution of the good resolutions I have made. I am proof against failure, discouragement and despondency."

The only failure a man ought to fear is the failure to cleave to his good resolutions.

PURPOSE

When we acquaint ourselves with the biographies and achievements of men and women who have made history, and of our contemporaries who are doing big things, surely it ought to inspire each one of us to a definite purpose, to a positive goal of attainment, instead of going through this earthly existence a nonentity drifting along the current of life helplessly like a boat without a rudder.

One who had a right to speak with authority, because out of seeming failure he made his life a great success, was Disræli, who said: "The secret of success is constancy to purpose." It is undeniably better to assume the risk of a great and good purpose than to remain inactive because of being apprehensive that there may be lions or difficulties in the way.

Purpose is the impulsion that leads to culture, position and attainment of every nature that is worth while. No purpose or goal of attainment is too distant for one who advances with deliberation and determination and who prepares himself by diligent study, application and patience. The difference between the savage and the enlightened civilized man is knowledge which leads to, logically, thought-out purpose.

Travelers tell us that along the river Nile natives irrigate the sands of the desert by passing buckets of water from one to another under the burning sun. On the Canton River in China, coolies, by means of treadmills, furnish motive power for their clumsy boats. In the city of Canton men were seen grinding flour by running on a large treadmill until they almost dropped from exhaustion.

Contrast these primitive methods of the natives of the Oriental countries even today with the inventions and conveniences that have been brought into manifestation in our western world for the benefit of mankind by men and women who have had vision and intelligent purpose.

"If well thou hast begun, go on; it is the end that crowns us, not the fight."—Herrick.

MEDIUMSHIP

In Proverbs we are told that "a little learning is a dangerous thing." I would prefer the possession of even a little knowledge, rather than to remain in a state of ignorance and superstition. Most of the inhabitants of the earth are in a state of dense ignorance and superstition in regard to the laws which govern their being; they do not know that the most advanced occult investigators declare that everything and everybody is mediumistic, and that every atom in the universe is a medium for the expression of spiritual force. A lack of definite knowledge on this subject leaves one exposed to bad and adverse influences, whereas definite knowledge would enable one to "clothe themselves safely around with Infinite love and wisdom," and be receptive to the good only.

There are many who deny the relationship between spirit and matter, but to attempt to explain the phenomena of either alone would be, as an occult teacher points out, like erecting an edifice without a foundation.

Matter can be explained only on the hypothesis that it is spirit in a solidified, concrete, material form. Even the dullest intellect must admit that spirit is the ever active, positive principle of every form of being.

Scientists declare that electrons exist everywhere, and manifest in the physical body as cells; they fill all material bodies and occupy all that is called empty space, and is the universal substance out of which all things are formed; hence the universal ether contains within itself all that is, was, or ever will be; and as one who is able to speak with authority points out the universe is one mighty, inconceivable medium, and Deity the controlling and omnipotent spirit. Love becomes a medium of wisdom, and consequently matter is and must be the medium of mind. Mediumship is governed by law, but is so subtle and intricate in its varying phases as to be intelligible only to the most profound occultist.

"I will not be concerned at other men's not knowing me; I will be concerned at my own want of ability."—Confucius.

IMMUTABLE LAW.

Many persons are disposed to reject as false, or brush aside as unworthy their serious consideration, any extraordinary phenomena which they do not or can not understand; for instance, I recently brought to the attention of a friend the marvelous ability of George Bidder and other calculating boys, to seemingly see in the air the answer to any mathematical question without calculating, and also other extraordinary phenomena, all of which he dismissed as unworthy of consideration.

There is no such thing as accident or chance; everything in the universe from the single atom to the multitude of compounds which constitute the universe are the resultant effects of immutable and ever-operative laws.

The Esquimaux, who lives in his home of snow and ice, could not interpret the laws which govern the universe as possibly could the college professor; nor can the last named individual, who is obsessed with materialistic thought, interpret these laws as can one who has attained adeptship through the cultivation of psychic power. One who is authorized to speak with authority declares that—"Man, as we know him, is the mediumistic instrument through which higher states manifest their wisdom and power. This mediumship, on general lines, extends from the lowest specimen in the scale of humanity, upward to the highest initiated adept; the only difference between the two is that of development."

A great political leader impresses his positive desire thought upon a vast number of negative minds that are receptive, and this desire thought transmitted from one to another, ultimately sways the destiny of millions. These millions are simply the medium through which mental force is operating. The political leader may have been the visible medium through which some other invisible power was manifesting; and whether this power be mortal or spiritual, embodied or disembodied, makes no difference to the law. It is impossible to amplify this subject within the limitation of this article.

LONGEVITY

"Joy, temperance, and repose slam the door on the doctor's nose."—Longfellow. Are you willing to pay the price to enjoy a long, earthly existence, be alive all over, every minute, in every atom of your body, and to be all aglow with health, vigor, energy and power? You can not purchase immunity from aches and pains or short life in a drug store. You alone can be the arbiter of your own body.

Good health is always contingent on knowing how to think right, to breathe right, to eat right, to exercise right, to relax right, and to sleep right. In so far as possible to be regular in the hours of retiring and arising are essential. To persist in exercising every muscle of the body every day, adaptation of dress to the variation of climate, simple and nutritious food, and to be temperate in all things, are necessary for the enjoyment of good health and longevity.

To get well and to stay well is a moral and a religious duty. Good health is the basis of all family, social, and business obligations. We can not be 100 per cent. useful if we are in poor health.

Some one has said: "The ingredients of health and longevity are great temperance, open air, easy labor, and little care."

Health is so necessary to efficiency in every field of endeavor that the folly of squandering or impairing it can not be over estimated. Refuse to do anything that will impair health and longevity. Do not poison your body with injurious appetites, passions, emotions, ambitions and worries.

Never tell people you are ill; deny it even to yourself.

A large proportion of difficulties that men and women encounter spring from a morbid condition of mind and health.

"We live no more of our time here than we live well."—Carlyle.

RIGHT THINKING

Thought precedes all action; we first think, then we act.

Man should know something about the power that impels him to think, look, speak, and act, as he does. Thinking is the cause of all initiative. Identically the same thought, under identically the same circumstances, will always and inevitably produce identically the same result, whether the thinking be done in China or the United States; therefore, beyond doubt, the most important thing for every individual is to be able to control his thought, for what he thinks determines his action.

It matters not at all what traits or tendencies we have inherited, we can and should be the architect of our own personality and character, and thus make of ourselves whatever we choose. All of the complexities associated with our earthly existence are, in the last analysis, the outcome of thinking.

There are no two minds that continually entertain the same thought. Nature does not produce two things in all respects exactly alike. There are not two leaves on a tree exactly alike. Therefore, differences of opinions, desires, ambitions and aspirations are easily accounted for by the different thoughts that are emanating from the minds of the inhabitants of the earth, and should incline us to be tolerant of thoughts and views entertained by others.

Civilization in all of its phases and ramifications, its origin, and present state of advancement in arts and sciences, is the expression of mind, and advanced thinkers are now beholding possibilities of achievement through the control of mind. Mind is the power that controls and governs everything, but man is a conscious, thinking, reasoning being, and can control the action of his mind, hence may arise to the highest pinnacle of right-thinking and achievement, and therefore be the arbiter of his own destiny.

"What a man thinks, that he becomes."—Hindu Upanishad.

RIGHT BREATHING

Man may live many days without eating; he can exist a shorter time without drinking; but he can live only a few minutes without breathing. To breathe right insures a wonderful supply of vitality and freedom from physical ills. We can increase longevity by right breathing.

Incorrect habits of breathing will tend to decrease vitality and make us more susceptible to attacks of disease, and all of the physical ills that afflict mankind. By incorrect habits of walking, standing and sitting, mankind has lost the power of right breathing.

One who is able to speak with authority on the subject of right breathing says: "The savage today, breathes naturally, unless he has been contaminated by the habits of civilized man."

The percentage of people who habitually practice right breathing is very small; this is in evidence all about us in contracted chests and stooping shoulders, often eventuating in that dread disease—consumption. Many of the diseases which afflict the race are often attributable to the habit of mouth breathing. The savage mother seems to intuitively know that breathing should be done through the nostrils, and she trains her child to close the lips and breathe through the nose. Investigators have observed that she tips the child's head forward, when it is asleep. Try it.

Eminent authorities have declared that a generation of right breathers would regenerate the race, and practically eliminate all disease, and man's mental power, happiness, self-control, and even his spiritual growth may be increased by an understanding of the science of right breathing.

People who intelligently practice correct breathing are practically immune from colds, for this insures a plentiful supply of good, warm blood, and enables them to resist the changes of temperature. All of the lower order of animals breathe naturally, and so, doubtless, did primitive man.

RIGHT SLEEPING

Comparatively few people realize the value of their sleeping hours. Sleep so much resembles death, it is strange that any one dare trust themselves to it without prayer.

The subconscious mind never sleeps; it is always active, and unless it is consciously and wisely directed its activities may bring into our experience many undesirable conditions. If we enter the sleeping state without giving the subconscious faculties conscious, specific, definite directions, the subconscious will then be exposed to suggestion from unseen principalities and powers, and also act on many of the undesirable impressions it has received during the day. Even the most superficial thinker will realize that there is a power within that takes care of all bodily functions while asleep, but they somehow fail to realize that this same power—that is, the subconscious mind—is part of the universal mind, and its activities are unlimited. While it has transcendental power, its nature is negative; hence, it always acts on suggestion, whether made by our own conscious mind or from some other source.

The subconscious mind will digest, examine, classify, and analyze, while we are asleep, any suggestion we give it, and will report back to our field of consciousness during our waking hours what action we should take in regard to our problem; it will make us sick or well; happy or sad; it will bring us into contact with people that we need; it will open up opportunities for us, if wisely directed, before we enter the sleeping state.

You can cure your children of sickness or undesirable habits; if dull, cause them to be bright, keen and alert, by making positive suggestion to their subconscious faculties during their sleeping hours. Teach your children to breathe through their nostrils instead of the mouth. Incline the head forward while sleeping. Observe how other animals sleep.

"One hour's sleep before midnight is worth two after."—Fielding.

RIGHT EATING.

I recently heard an eminent physician declare that practically all physical trouble and diseases which afflict mankind entered the body through the mouth; the character of food we put into our bodies, and its proper and improper mastication determines the kind of a body we shall carry around, and also our power to think clearly and efficiently.

Conflicting views in regard to the kinds of food that people should eat, advanced by so many dietitians, is somewhat confusing, but we all do know that most people eat a much larger quantity of food than the body requires, and most people have no idea of what constitutes harmonious combinations of food.

Some believe that human beings should not eat meat at all; others believe that a reasonable quantity of meat is essential; some believe that cooked food should be eaten, while others argue that human beings thrive best mentally and physically on raw food. All authorities agree that every particle of food and drink we take into the body must be properly oxygenated before it becomes real nourishment, and the waste products of the system reduced to proper conditions for elimination.

Impaired health and imperfect nutrition are the resultant effect of too little oxygen. Excessive eating of meat, bread and potatoes, while neglecting to eat a sufficient quantity of fresh, uncooked fruit and vegetables, interferes with the proper distribution of the fluids of the body.

Tilden says: "Constipation, kidney disease, coughs, colds, bronchial, lung and skin affections are common to those who confine their eating to foods deprived of their water elements, and who substitute coffee, tea, water, etc.

Manifestly we should eat more fresh, seasonable fruits and vegetable salads. It is impossible, within the limitation of this article, to amplify this all-important subject.

Everyone should acquaint themselves with proper food combinations.

RIGHT DRINKING.

There are many conflicting views in regard to right drinking, as there are on the subject of right eating.

There are those who have made an exhaustive, scientific investigation of what constitutes right eating and right drinking, but I believe that most of the psychological platform speakers have only a superficial knowledge of this subject. Some contend that we should drink two glasses of hot water on arising in the morning, and five or six times as much during the day; and one authority, whom the writer esteems highly, asks: "Why should one drink without thirst? Certainly, it is necessary to discriminate between a normal thirst, and an abnormal desire for fluid, or water-drinking, caused by over-eating or eating wrong combinations. Excessive water-drinking is disease-building, and often causes water-logging."

If people ate a sufficient quantity of seasonable fruits and raw vegetables, there would not be so much desire for water, and other liquids; tea, coffee, and all kinds of alcoholic drinks are unquestionably harmful. The amount that we eat and the character of our food largely determines the quantity of liquids we crave. It has been found that those who suffer most from the heat of summer are those who over-indulge their appetites for food and drink.

Tilden says: "An excessive intake of fluids at mealtime, and between meals, certainly interferes with all secretions; and when there is not enough secretion in the mouth, stomach and bowels, indigestion follows, with all its dire consequences."

Reader, would you prefer to yield to an abnormal appetite for food and drink, thus causing disturbances in every part of your body, instead of taking time to acquaint yourself with the character and quantity of food and drink the body actually requires in order to feel all aglow with life and health?

"Every inordinate cup is unblessed, and the ingredient is a devil."—Shakespeare.

REITERATION

A normal individual is thinking something all of the time, for a mind without a thought would be a blank, but the great majority of human beings pass through this state of existence with comparatively little serious thought. There is always a first time when we commence to contract any and every habit, and by reiteration it soon becomes automatic.

I recently heard a lecturer say, that at one time in his life, whenever he met a friend or an acquaintance, and they would say, "How do you do," he would reply, "Well, happy and hard up," and sure enough, frequent reiteration of this reply eventuated in the actual condition he had been making.

This taught him a lesson, and ever afterward he would reply, "Well, happy and prosperous." This law of reiteration is equally effective in freeing us from any bad habit; we stop doing a thing, and then when the impulsion seems to drive us toward it again, we refuse to give such an impulse hospitality, and soon we find ourselves entirely free from this undesirable habit.

You may read many books, and listen to many lectures on how to become healthy, happy and prosperous, but in the last analysis, constant reiteration, either subjective or objective, combined with an intense desire and confident expectation, will always lead you to your goal of attainment. Do not hesitate to let your imagination have full play; whatever your desire, no matter what it may be, is positive proof that the thing you desire is already on its way to fruition, but you must continually persist in reiterating your desire by building up little by little a mental picture of what you want. Do not hesitate to aspire to big things; constant mental work in visualizing on small ideas will never lead us into doing big things.

"The more ideas a man has the fewer words he takes to express them."

AWAKENING

I recently witnessed a demonstration of making bread, tea biscuits and cookies, from whole wheat flour, and was much impressed with the awakening of a cake of yeast out of a dormant condition into a state of activity. This cake of yeast would have continued inactive and dormant indefinitely if the demonstrator had not made conditions proper for its awakening.

A combination of one and one-half cups of lukewarm water, one tablespoonful of dark brown sugar, and one cake of yeast was placed in a pan, and in a few minutes every particle of yeast became active and alive, causing fermentation of the whole combination, to which was added the proper amount of whole wheat flour, shortening and salt. When all these ingredients had been assembled, molded and baked the finished product became bread, tea biscuits and cookies.

Each one of these ingredients would have remained quiescent or in a state of inactivity, if conditions had not been made right to arouse them. Just so it is with the millions of pores of the body which can not properly breathe unless we make the conditions right. Just so it is with every organ and cell in our body. They can not work efficiently unless we make the conditions right.

If we do not give intelligent attention to right thinking, breathing, drinking, eating, exercising, guiding and directing every cell or group of cells in our bodies, we may be sure that physical trouble of some kind will eventuate.

In the last analysis it is all summed up in this statement: The physical body is made up of cells that possess negative mind, and the negative mind of every cell in any part of the body responds to positive suggestion.

"Early to bed and early to rise makes a man healthy, wealthy and wise."

NO MONOPOLY

There is no other one subject of such vast importance to the human race as that of knowing how to keep the body aglow with life, health and energy. Do you realize how easy it is to make oneself sick or well of any physical ill, or communicate the same thought to others, or to help another to become well through the operation of positive mind operating on negative mind?

You may ask: Has Christian Science, New Thought, or any other sect, creed or cult, any working advantage over another? And I answer—decidedly not!

No sect, no individual, no creed, has now or ever did have a monopoly on mental healing. It is exactly the same principle today that has come down through all ages, and no one who has made an intelligent investigation can deny the fact that physical ills of all kind, including so-called incurable troubles, are being cured today by mental healers.

I also affirm that not only physical ills, but every phase of our life, circumstances and environment, can be positively controlled by an intelligent application of the laws which govern our being.

Reader, you are an epitome of the universe; the power to bring into outward expression and manifestation whatever thing or things you desire is within you.

Positive desire and strong will, combined with an intelligent application of psychological laws, will set into motion mental currents and soon things will begin to transpire. You will be thrown into contact and association with people whom you need, but you must have an intense desire, a confident expectation and realize exactly what it is you do want and then permit no thing or person to sidetrack you from the accomplishment of your purpose and desire.

"Count that day lost whose low descending sun,
Views from thy hand no worthy action done."—Stanford.

IDEALIZATION

"What we need most is not so much to realize the ideal as to idealize the real."—Hedge.

If nearly all of the greatest thinkers who have lived in the past, and those who are living in the present, visioned things as they really are, then nearly all of the inhabitants of the earth are living in a state of illusion and delusion in regard to their own identity, and under a misapprehension as to the reality of all material things.

Immanuel Kant, recognized as one of the greatest of modern philosophers, said: "This world's life is only an appearance, a sensuous image of the pure spiritual life and the whole world of sense; only a picture swimming before our present known faculty like a dream, and having no reality in itself. For, if we should see things and ourselves as they are, we should see ourselves in a world of spiritual natures with which our entire real relation neither began at birth nor ends with the body's death."

There are many who pride themselves on being practical, and ridicule everything in the nature of idealization, but, in fact, everything must be idealized and visioned in mind before it can become visible in the material world.

When in silent meditation and concentration we make our mental pictures clear, and work out all the details in mind, the ways, the means, the method will unfold, and the people necessary to bring our picture into actuality will somehow be attracted to us.

The Creative Intelligence must have first thought out every detail of this wonderful universe before it was projected into form, and, if we are willing to work along the same lines, success in any field of endeavor and every undertaking is positively assured.

"We never reach our ideals, but the thought of them spurs us on to higher and better things."—Tryon Edwards.

VISUALIZATION

There are not many people, if any, on earth, but who would not like to possess a so-called magic wand, by means of which they could procure whatever thing or things they desired, and I unhesitatingly affirm there is not a normal human being on earth but what possesses such a magic wand, a tool, an instrument that will enable him to attract the thing or things he desires. Does it require work? Yes! persistent, mental work.

Visualization conjoined with concentration and idealization is a power that will overcome almost anything—impaired health, poverty, undesirable circumstances and bad environment. How do I know this, Because I have proved it in many things myself, and because of the authentic testimony of many others who have proved this combination to be practically infallible in its operation.

“All that we are is the result of what we have thought. It is founded upon our thought, it is made up of our thought,” says Dhammapada. If there is any one thing that you want more than another, go to some room or place where you will be undisturbed and not distracted by noises or things about you, place yourself in a comfortable attitude, completely relax, either sitting or lying down, close your eyes and look within, making a clear, mental picture of the thing you desire for yourself or anyone else; work this picture up in all of its details, see it clearly from its conception to the finished product.

Like the artist who is working on canvas, do this mental work at least every morning and evening before retiring. The more you persist in visualizing this picture the sooner it will come into objectification. Is it not wonderful that a beneficent Creator has given every individual such transcendental power?

“To see what is right, and not do it, is want of courage, or of principle.”—Confucius.

MONEY

Everybody handles and uses money. Everybody is obsessed with the idea that they want money, yet comparatively few people have any knowledge how money came into existence. There was a time in the history of almost every country when there was comparatively little money in circulation. Trading was accomplished by means of barter and exchanges.

Tobacco was at one time legal tender for money in the United States. Corn, cattle, sheep, hides, nails, tin, slaves; almost everything has been used as mediums of exchange. Comparatively few people have the money consciousness. They have no knowledge of the law that attracts money.

The Scriptures say: "The Lord is my Shepherd. I shall not want!"

Whatever you want must first be born in mind; nothing can come into the objective world that is not already in mind. Human beings have different wants and different ideals. While money in itself has no value except as it is employed as a medium of exchange, and to promote health, happiness and usefulness; hence, in the last analysis, money is an important factor in helping to bring into outward expression ideas and ideals, which are first born in mind.

On this plane of existence we must have material things, and without money it would be difficult to obtain food, clothing, shelter, companionship, books and all of the necessities and luxuries that the present generation is accustomed to. There is no freedom of expression for an individual who has an insufficient amount of money. Therefore, one of the most important studies for every individual is the law which governs supply. The greatest thinker and the most scientific man that ever lived—Jesus of Nazareth—said: "Seek first the Kingdom of God and His righteousness, and all things shall be added unto you."

"When you feel it is right to spend a dollar for any purpose, spend it as royally as if you were a millionaire."—H. H. Brown.

SUPPLY

The manifestation of Infinite supply is everywhere. This planet and the entire universe is not an accident. Why did the Creative Intelligence cause the sun to shine, the rain to descend, and why did he place on the earth and below the surface of the earth, everything that could supply every possible, legitimate demand of man?

Yet, notwithstanding this, we hear and see the expression of lack and want all about us, frequently manifesting itself in a spirit of unrest, strikes and discords of every nature. ..

Why is this?

When we try to analyze and start with a false premise, the conclusion will always be erroneous, and I unhesitatingly declare that while there are many inconsistencies in our present economic and social laws, yet in the very last analysis there is a lavish abundance to meet every human need, and if each individual in the world would always think right and live in accordance with right thought, there would not be an unsupplied want; therefore, lack or want is not collective, it is individual, and each individual has the power within himself or herself to reach out into the Universal Mind and appropriate all that they require for the highest expression of life.

If you are content to go through this earthly existence an ignoramus and in poverty why should you blame anything or anyone but yourself? You are a free agent.

The Scriptures say: "God has given man dominion over everything."

Who, then, can prevent you from rising to fame and fortune, and all that the world can offer, except yourself? "What we think that we become," says the Hindu Upanished.

You can control your own thoughts and actions; therefore, you are the master of your own supply. Affirm daily—"Goodness, mercy and abundant supply shall follow me all the days of my life."

CONCENTRATION

How to concentrate thought and the importance of concentration has been threshed out by many writers.

The justification for this article is that no one can accomplish anything worth while without a working knowledge of how to concentrate. A mind that is incapable of concentration is bound to be flighty and visionary. The habit of concentration is essential to health, happiness and business success.

When individuals try to focus their mind on some definite thing or idea, they often find that their thought is running wild, here, there and everywhere, unless their interest and attention have been excited. Almost every one can concentrate to some extent on unimportant and trivial things, but the very same people find it almost impossible to concentrate their mind on serious subjects.

If you have a note due tomorrow and have not sufficient funds to meet it, there will be no advantage or profit in worrying over the matter, yet your mind is apt to insist on continually concentrating on this note. If you could put this insistent thought aside and concentrate your efforts on important business details that arise during the day, the note in all probability would be taken care of without any worry the next day. Many women can give undivided attention in contemplation of a new hat or a new gown because their interest is excited, whereas, if they endeavored to concentrate on some serious subject, their mind would become very flighty. One hundred percent attention is concentration. One can exercise but little power without close attention and concentration.

You can acquire the ability to concentrate at any time or in any place, but it must be cultivated. It means mental work.

**"Concentration is essential to the success of any undertaking."
—Swami Paramananda.**

MEMORY

A retentive memory is a great asset, providing we remember only those experiences and facts which are good and important. We should try to eliminate from our memory mental cinema pictures that can be of no value. It does not pay to tax the memory with recollection of things that might pull us down to a lower level; things we may recall only with regret.

Dr. James said: "When we associate one fact with other facts we retain them longer in our possession."

There are many systems of memory culture, but I have found the most reliable mental picture is secured by making a deep impression and reviewing from time to time. We should never hurry over things that we wish to fix in our memory. If we tax our memory with names, dates, numbers and details that are of no special value to us, we are very apt to exclude many things of greater importance. People who pride themselves on the ability to memorize unrelated facts and details of no consequence rarely ever have an original idea.

A mind that is not filled with useless debris is more receptive to original impressions, hence we find that many who have not had the advantage of college and university training have become very successful financiers and captains of industry.

The memory of many school children is often burdened with rules of grammar, arithmetic, historical events and other details which, fortunately, they often discard and forget in a few months after leaving school.

Do not work to become a memory freak, but take up some specific study and determine to become an authority on that subject.

"No one is likely to remember what is entirely uninteresting to him."—Macdonald.

MENTAL IMAGES

"Nothing with God is accidental," says Longfellow.

The creative intelligence who brought this universe into being must have had thought conception and a mental image of the countless things which he wished to bring into manifestation; without this mental image there would have been no universe, nothing.

The architect who wishes to build a bungalow, a mansion or a twenty-story office building, must have every detail worked out in his mind before he can transfer them to paper, and the builder must work according to blue prints and specifications, in order to bring this mental picture into reality.

The great inventor, Nikola Tesla, says—for many years he has had a mental picture of every detail of every one of his inventions before he undertook to transfer these images to paper. Every concrete thing must be born in the mentality of some one.

The first mental picture may be very dim and incomplete, but it grows into vividness and perfection as we continue to hold it in mind. There is no such thing as pure unadulterated originality; we are each of us a receiving and sending instrument.

When we are receptive the thoughts and ideas that we require to complete our mental image seem to come out of the cosmic ether, and it becomes comparatively easy to bring this mental picture into objectification.

The character of thought materials we attract to ourselves depends upon the character of our ideals and aspirations. Every individual has the power to think. As things are thoughts objectified, there is no limit to the good and desirable things any one can attract to themselves. Every living thing, every plant, every flower, has the power to attract to itself whatever is required for its perfect unfoldment and expression. Cultivate the habit of mental imagery. It pays.

IMAGINATION

Human activity, development and progress are the resultant effects of the imaginative faculty. The imagination prevents us from being complacent and satisfied with present conditions, circumstances and environment. It spurs us on to greater endeavor and achievement.

Without the faculty of imagination man could accomplish no more than the lower order of animals. "We are all of us imaginative in some form or other, for images are the brood of desire."—George Eliot.

Mankind has been taught through all the ages to look around in the objective world to find the things and ideas that he requires for development and to satisfy material wants, when, in fact, the power to have, to do, to be whatever he will is "within" man and not "without."

Now that the laws of suggestion, meditation and introspection are generally recognized, many would like to put them into operation, but do not seem to know exactly how to go about it.

People want health, happiness, power and abundance, but they fail to understand that all of these things are only effects, the cause being within themselves, brought into outward manifestation through the power of prayer, imagination, visualization and mental imagery.

Let your mind be hospitable to lofty ideals and noble aspirations. See only the good and beautiful, and there will be no power in the universe that can keep these things from manifesting themselves in your life and experience. Never let your imagination dwell on undesirable things that you do not want to come into your experience.

We all know that if we entertain thoughts of fear, hate, revenge, resentment, disease, sickness, poverty, lack, then, in accordance with Divine law and order, these conditions will attach themselves to us. Conversely, if our thoughts dwell upon those things which are good and desirable, we inevitably will attract only those things which we would like to come into our experience.

TOOLS

From the age of 15 to 20 years, inclusive, I was indentured to learn a trade. Being obliged to use tools, I learned from personal experience that no person can do good, efficient work with poor tools, or in an undesirable environment.

We are not justified in being serious all the time; we should get some fun into our daily experiences, but many people are so obsessed with pleasure, and others with the acquisition of wealth, that they fail to get acquainted with the marvelous tools they have at their command for health, happiness and achievement in every field of endeavor.

Dr. Croft says: "Our body is a wonderful engine of marvelous energy. Overfed, underfed, overburdened, neglected, abused, weakened, shamefully talked about, yet it goes on generating from year to year the most divine thing in the universe—Life."

How careless most of us are with this wonderful body we are carrying around—this temple of the Holy Spirit. What idiotic combinations of food and drink we expect it to take care of, and how little most of us know about the remarkable tools our Creator has given us with which we can mold and shape our bodies, circumstances and environment.

Our working tools are the different phases of mind. Most people, if they think of the subject at all, think with arrogance and pride of their conscious mind as being that phase of mind as most dominant. While it is true that the conscious mind has the power of discrimination, and has the power to choose, reason, analyze and think deductively and inductively, yet more than 90 percent of our mental and physical activities are subconscious.

The conscious mind directs the will. South says: "Whatever the will commands, the whole man must do."

"No sword bites so fiercely as an evil tongue."—Sir P. Sidney.

INFALLIBLE TOOLS

I wish to emphasize the fact that the conscious mind has the power to direct the subconscious mind. The subconscious being the storehouse of memory, it follows that the conscious mind can transmit to the subconscious any amount of thought material which the subconscious will report back to the field of consciousness instantly on demand if properly trained.

The conscious mind can and should be ruler and governor of the subconscious, but, if through ignorance or carelessness, it permits cinema pictures of sickness, disease, poverty, fear, hate, revenge, unhappiness, etc., to be impressed upon it, the subconscious will go to work to actualize these pictures in or on our body, circumstances and environment.

The subconscious mind accepts every premise as the truth, so, if the premise be false, it will act on it just the same as if it were true, and the result may be far different from what we wish to come into our experience. The subconscious mind receives its impressions intuitively—it does not reason. It works very rapidly and insistently. It has been found that by planting a perfect cinema picture on the subconscious, omnipotent forces are put into operation.

Dr. Abercrombie tells of a distinguished lawyer, who was engaged on an important case. One night his wife saw him get out of bed, sit down to his desk and write out a long paper, and then return to bed. In the morning he told his wife he had a remarkable dream in regard to the case in which he was involved, but the details had all gotten away from him. His wife directed him to his desk, and, to his amazement, he found the dream written out in detail. His subconscious faculties impelled him to various activities while he was deep in sleep.

"A good intention clothes itself with power."—Emerson.

THE PSYCHOLOGICAL MOMENT

We hear much today about the psychological moment. There can be no psychological moment without preparedness. C. F. Higham says, "That a \$50,000 a year man is never obliged to seek a position; that the secret of large incomes is to have others to work out your ideas; to exercise the courage of your conviction, and to be able to say 'Yes' or 'No' instantly and stick to your decision."

Most people are waiting for opportunity to knock at the door, but when it does knock they usually are unprepared. Knowledge of the subconscious mind, and knowing how to establish contact with it, in order to secure whatever ideas you are in need of, is essential to be able to say "Yes" or "No" instantly and be sure of your ground.

Your intuition, which can be cultivated to a remarkable degree, is a wonderful asset. Have you not frequently noticed that when unable to recall a name or a word of which you are in need, and that, having instituted an investigation by means of introspection, and then passing on to other matters, that in a very short time the name or word will be flashed to your consciousness?

In like manner, if you have an important problem you can "sleep on it," as many say; but if you know how to instruct your subconscious mind, you can pass the problem on to it at night before retiring, and, if you have absolute faith, you, in all probability, will receive the answer in the morning.

To be prepared for the psychological moment usually involves a good education and specific knowledge of some particular vocation. Although when one is concentrating or in a state of meditation, there often may come valuable ideas which are entirely foreign to your own profession or vocation. This is often true of inventors, discoverers and scientists. These ideas should be immediately placed on paper and not dismissed as worthless.

"Who makes quick use of the moments, is a genius of prudence."—Lavater.

PREPARED FOR OPPORTUNITY

Edward Earl Purinton says: "Study your job and study the job of the man higher up than you, for, by doing so, you are preparing yourself to go up higher when the psychological moment arrives.

Many boys and girls leave school at the eighth grade, and, after this, rarely ever open the pages of a book. Such as these are never prepared for the psychological moment and remain in the mediocre class all their lives, unless something inspires them to a determination to study and get out of this class.

Knowledge in every direction of thought is easily accessible to anyone in this day and generation, and one can not be really efficient without the cultivation and unfoldment of the mind. The subconscious mind must be lifted out of the darkness in which it is submerged into the limelight of the superconscious mind; in other words, it must be given moral and educational training by proper suggestion.

This is how Benjamin Franklin summed it up when he was a young man: "I conceived the bold and arduous project of arriving at moral perfection. I wished to live without committing any fault at any time; I would conquer all that either natural inclination, custom or company might lead me into. As I knew, or thought I knew, what was right or wrong, I did not see why I might not always do the one and avoid the other. I made a little book in which I allotted a page for 13 virtues and their precepts."

If space permitted I would be glad to give a more detailed account of Franklin's method. I would advise every student to read his autobiography.

John Ruskin said: "Seek to make yourself a better creature, and, in order to do so, find out first what you are now. If you dare not, find out why you dare not."

"The secret of success in life, is for a man to be ready for his opportunity when it comes."—Disraeli.

GRATITUDE

In the home life, in the business life, and in the economic life, many often feel and voice a grievance that they are not receiving from God or man what they are justly entitled to. They assume there is a large balance due them that has never been paid, this imaginary balance often develops an acidity that sours and warps their entire nature.

If men and women were not so thoughtless, so superficial; if they understood that there is involved in each of us all the potentialities that belong to being, just as the giant oak is involved in the acorn, then we would have an exact interpretation of the balance between our rights on the one hand and our duties and obligations on the other; and we would have a perfect mental picture of what we are continually receiving, and what we should be giving in return.

We should be everlastingly and eternally grateful for all that a beneficent Creator has provided; for the air we breathe, for we could not live five minutes without it; for the sunshine, for water, for every particle of food to nourish the cells of the body; for the many comforts and blessings which are showered upon us every moment. We should be grateful to everyone who contributes in the slightest degree to our happiness, to our comfort, to our enjoyments.

Every time we partake of any food we should feel a deep sense of gratitude toward everyone who has contributed their labor and love in growing, transporting and marketing it.

"We can be grateful to a friend for a few acres or a little money; yet for the freedom and command of the whole earth, and for the great benefits of our being, our life, health and reason, we look upon ourselves as under no obligation."—Seneca.

"He who receives a benefit should never forget it; he who bestows should never remember it."—Charron.

THANKFULNESS

"When thou has truly thanked the Lord for every blessing sent,
But little time will then remain for murmur or lament."

There is not a human being on the face of the earth but what has something to be thankful for every moment, no matter what his or her condition, circumstance or environment may be.

Devotion and worship most acceptable to our Creator is a heart that is overflowing with thankfulness, gratitude and cheerfulness.

The careless superficial thinker, and the proud, arrogant man or woman are seldom grateful, believing that they are entitled to vastly more than they are receiving; but, in the last analysis, one is only entitled to what they earn by right thinking, right living and a thankful heart.

It is highly probable that only a few of the older generations, and possibly none of the younger, have ever come in contact with the beautiful thought on "thankfulness" as expressed by Henry Ward Beecher; it is so fine, so impressive, that it should not be lost to the present generation; hence, I feel justified in incorporating it in this article.

"If one should give me a dish of sand and tell me there were particles of iron in it, I might look for them with my eyes, and search for them with my clumsy fingers, and be unable to detect them; but let me take a magnet and sweep through it, and how would it draw to itself the most invisible particles by the mere power of attraction. The unthankful heart, like my finger in the sand, discovers no mercies; but let the thankful heart sweep through the day, and, as the magnet finds the iron, so it will find in every hour some heavenly blessings; only in the iron in God's sand is gold!"

"The worship most acceptable to God, comes from a thankful and cheerful heart."—Plutarch.

POWER OF THOUGHT

It is unthinkable, inconceivable, that the universe could have come about by accident or chance. A universe so wonderful as ours must have been conceived in a mind which projected it into form by thought and sustained it in operation by Divine law and order.

Human beings are differentiated from all other animals. No other animal has the capacity to learn about creation or the power to create and do the marvelous things that man has done and is doing. Man should get an overwhelming conception of his innate power, for all that belongs to being is potentially in every human being.

The universe, including the earth and everything in or on the earth, is the manifestation of thought; in short, things are thought objectified. This statement being so indubitably true, it follows that right thinking is of the utmost importance.

"Thought is another name for fate,
Choose then thy destiny and wait,
For love brings love and hatred brings hate."

—Wilcox.

Thought is the motive power that impels us to all action.

Thought precedes all action. There can be no action without conscious or unconscious thought. We are living in a thought universe. If we give hospitality to thoughts which are criminal, wicked, vulgar, angry, selfish, revengeful, fearful and trivial, we will soon find that these thoughts have made a deep impression upon our whole nature and character. Try as we will we can not conceal the character of our thoughts, for they are revealed by our bodies in sickness or health, displayed in a pleasing or undesirable personality, and reflected in our environment and circumstances. For, conversely, all good, ennobling, positive, constructive thoughts, bring us into alignment with all that is uplifting and desirable.

Dhammapada says: "All that we are is the result of what we have thought; it is founded upon our thought; it is made up of our thought."

LEARN TO DIRECT THOUGHT

"The sculptor turns from the marble to his model in order to perfect his conception. We are all sculptors working and chiseling thoughts."—Mary Baker Eddy.

Comparatively few people realize the importance of right thinking. There is no other one theme of such vast importance as that of right thinking.

We need not be so much concerned about what others are thinking, but we should guard carefully our own thoughts, for they will be reflected in our own bodies and in all our affairs. We are responsible for every thought we send out, and we can not evade this responsibility, for every thought is a seed which inevitably will bear fruit after its own kind: If we entertain thoughts of hatred, revenge, resentment, greed, avarice, sickness or disease, they will be imaged forth and delineated upon our bodies. If we entertain thoughts of love, patience, kindness, generosity, humility, courtesy, unselfishness, good health, etc., these in like manner will be imaged forth and revealed by our bodies.

We do not make sufficient effort to control our thoughts. Without effort we can have no continuity of thought, and without continuity of thought we can not plan any successful undertaking.

If we have the inclination we can render to humanity, various kinds of service and help, but I am convinced the greatest help that one human being can render another is to teach or show him how to rise to higher state of consciousness; how to control and focus his thought so as to win fame, fortune, health, happiness; and how to obtain his ultimate goal whatever it may be.

The thoughts that come to the surface and obsess our mind are the result of acquired habit. There is no person so weak or discouraged, but who can be lifted up and transformed by redirecting his thought into right channels.

"A single thought in the morning may fill our whole day with joy and sunshine, or gloom and depression."—Swami Paramananda.

SOLVING PROBLEMS

It is estimated at least 90 percent of all our mental and physical activities are subconscious. Have you ever reflected how many things you do in an automatic or involuntary manner; that is, without any conscious thought of what we are doing?

The subconscious is always at work; it never sleeps. The subconscious can and will solve every problem for us if we wisely direct it; but, unless we consciously direct it, the work may be far from satisfactory and not what we want to come into our experience, for its work will then be dominated by impressions and suggestions it is continually receiving from other minds.

Mind pervades every part of the physical body; every molecule, cell and atom go to work to bring into manifestation, in or on the body, the most dominant suggestion they have received, whether the suggestion be consciously made by ourselves, or whether they come from any other source.

The subconscious mind is continually receiving countless impressions, in consequence of our home, business and social environments. Many of them are the accumulation of our own superficial thinking. A great many impressions are received from other minds, and too many of these are stored in our subconscious mind without being properly examined, analyzed and censored by our conscious mind. This careless, superficial thinking and ignorance is the cause of all the distress, suffering and misery that afflicts mankind.

We are re-creating a new body and a different environment in accordance with our thought processes. We are today what we have thought in the past, and we will be tomorrow or some other time the expression of what we are thinking today. So in reality only our own comes to us. We are the arbiters of our own destiny.

"The soul of God is poured into the world through the thoughts of men."—Emerson.

HOW TO GAIN POWER

If we were about to erect a skyscraper building would we be indifferent about the plans and character of materials that should enter into its construction? Most certainly not!

But do many of us give the slightest consideration to the pictures and materials that we are permitting to be impressed upon our subconscious mind? Yet the examination of our thought material is of greater importance than that of any other kind of material.

Our health, our character, our circumstances and our environment, depend upon the thoughts we entertain. If the material which we have deposited in our subconscious mind has been fear, anxiety, worry, despondency, hate, revenge, resentment, etc., then in accordance with Divine law and order, these attributes must come into expression and be manifested in our body and circumstances.

If, on the contrary, we keep our mental home a sacred place, golden with gratitude, and redolent with love—harmony, peace, power, health and prosperity will eventuate. This, also, is in accordance with Divine law and order. There is no possibility of evasion. We should go through a mental house cleaning every day; sweep out of our mentality all that would bring trouble upon ourselves and others. Each one of us is a channel through whom God thinks, works and acts.

We are continually receiving, and if we do not give we obstruct the channel. This is true in every department of life, every field of activity. Increase of knowledge, wisdom and power, depends on our using that which we already possess.

Increase of strength depends upon the proper use of the strength we already have. We should exercise every muscle of the body, also our brain, every day. I have a friend who was an accomplished pianist, and because his interest became centered in other directions, he has practically lost this accomplishment, and now depends on the player-piano for music.

VITAL ENERGY

Mortal man is physical, moral and intellectual. The real man is something more than this—he is spiritual. If we develop the physical only, we will have a man next to a savage. If we develop the moral only, we will have an erratic enthusiast, verging on insanity. If we develop the intellectual only, we will have an arrogant, undesirable personality.

If we do not know the spiritual man we do not know man at all, and are entirely unacquainted with man's marvelous potentialities. If a South Sea Islander was to visit one of our large cities, and, because of his ignorance of the power of electricity, should grasp a live electric wire, he would be instantly electrocuted. Ignorance of the fact that electric energy was passing through that wire at the rate of 180,000 miles a second, would not save him from the consequence of his act. Just so it is with every human being who is content to go through life in ignorance of the vital energies as affecting the human body, their circumstances and environment. The price that one has to pay for such ignorance is indeed appalling.

Vital energy is not always manifested in the physical only.

There have been and are now, many people in the world who were and are regular dynamos of vital energy. The body may be puny, weak, feeble, yet, because of this mental, vital energy, such people accomplish marvelous things. Napoleon and Mohammed and many others could be cited as people of this kind.

Man is a power house of vital energy. We are using energy for thought, speech and every movement of the body. If we have a wrong thought, a destructive thought, a sick thought, we can transmute this energy instantly into a good, constructive thought.

"Energy will do anything that can be done in this world; and no talents, no circumstances, no opportunities, will make a two-legged animal a man without it."—Goethe.

TRAINING FOR RESULTS

All great efficiency engineers and the best psychological writers declare "that whatever you want to be you can be; whatever you want to have you can have, and whatever you want to do you can do. These statements are emphasized in the lives of thousands of men and women, who have reached their goals against fearful odds. Is it not worth while to get into positive alignment with natural laws that will bring into your experience all of the qualities and conditions that your soul hungers for? A good or bad thought makes an impression on the brain. This thought reiterated many times makes a deeper impression or path, which becomes eventually an automatic habit.

If you will train your subconscious mind to work for you by giving it specific, definite direction; that is, mentally talking to it as if you were talking to a friend, and do this night and morning regularly for a few minutes in a silent state of meditation, you will soon find the thing you desire is coming into your experience.

This is an infallible law.

Attention has been called to the fact that certain thought habits produce a markedly deleterious effect, not only on the body, but also on one's disposition.

If you wish to build for peace, joy, happiness and perfect health, you should commence at once to cultivate love and love's attributes, which—Henry Drummond declares—are patience, kindness, generosity, humility, courtesy and unselfishness, for these qualities will inevitably counteract the effect of wrong thoughts and promote your welfare in every way.

To habituate yourself to instantaneously replace every wrong thought with a good, constructive thought is wonderful practice, and will finally make you master of your body, circumstance and environment. You will be immune from aches, pains, colds and physical troubles of all kind, and you will inevitably be drawn into association with people who vibrate on the same mental plane as yourself.

THOUGHT HABITS

An observing person can easily discern discontented and unhappy faces everywhere. A student of psychology knows that these unpleasant and undesirable impressions which are shadowed forth on the faces of many individuals are the result of destructive thoughts which have become habituated. When we look upon the radiant faces of a group of happy children at play, and contrast their faces with those which are reflecting worry, discontent, envy, malice, hatred, revenge, sickness or pain, and then realize that it is possible for all the people of the earth to reflect and image forth perfect health, joy, happiness and content, our soul hungers to send forth messages that will redirect the thought of depressed people into constructive thought channels.

A person can go to an evangelistic revival meeting and claim to be converted and made over in a minute. This may be possible, for constructive thought is the greatest power in the universe; but, as the old adage goes: "One robin does not make a spring"—one right thought will not overcome habits which have become firmly established by years of wrong thinking.

Right thinking must be persisted in every day and almost every minute of the day in order to destroy the old thought habits. For years we may have allowed thoughts of greed, selfishness and an ungovernable temper, and many other destructive thoughts, to run rampant and have made the lives of relatives and associates miserable and unhappy.

We should train our mind, and commence each day with thoughts of joy, gladness, kindness, charitableness and determination in an effort to eliminate every wrong thought the moment it presents itself, and to make everyone that we meet feel the joy and sunshine which we are radiating.

"Secret study, silent thought, is, after all,
the mightiest agent in human affairs."

—Channing.

"We first make our habits, and then our habits make us."

TEMPERANCE

"Lives of great men all remind us,
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time."

—Longfellow.

Human beings of the present day have an enormous advantage over those of the past generations. The biographies and autobiographies give us models and examples that are invaluable in shaping our lives. These are easily accessible to almost every one.

Each person is an individualized expression of an Omnipresent, Omnipotent and Omniscient Creator. We are an impartation of the Divine consciousness and are here to express good. Without temperance in all things it would be impossible to express good.

Franklin said: "Eat not to dullness, drink not to elevation." "Temperance puts wood on the fire, meal in the barrel, flour in the tub, money in the purse, credit in the country, contentment in the house, clothes on the children, vigor in the body, intelligence in the brain and spirit in the whole constitution."

When certain words are uttered they often cause erroneous pictures to spring up before our mental vision. When one speaks of temperance it is associated with abstinence from all intoxicating liquor. Temperance has a much larger and broader application. We should be temperate in eating, in all our social pleasures, in business, in our ambition, indeed in everything, if we wish to live a life replete with vigor and tranquillity.

Children should be instructed in all that the word implies. Temperance keeps our senses clear. It causes the face to reflect beauty and harmony, and gives gracious and dignified carriage to the whole body. It gives one positive dominion over the mind, thought and habits; it insures health and keeps one in the best possible condition for business. Temperance enables nature to bring forth her perfect work, harmony in the body and all its activities.

"Drinking water neither makes a man sick, nor in debt, nor his wife a widow."—John Neal.

ONE THOUGHT AT A TIME

Nearly all students of psychology believe that the human mind is capable of attending to only one thing at a time, but it manifestly is able to pass from one idea to another with almost incredible speed. So rapidly does the mind jump from one thing to another that some investigators believe it is capable of working on several ideas at once, but the best authorities believe it can work on only one idea at a time.

Thus we see the mind is incapable of holding error and truth, sickness and health, failure and success, poverty and abundance at the same time.

Therefore, by concentration and voluntary attention man has the power to cast out of his consciousness any undesirable or destructive thought.

Jouffroy says: "It is established by experience that we can not give our attention to two different objects at the same time."

Whateley says: "The best philosophers are agreed that the mind can not actually attend to more than one thing at a time, but, when it appears to be doing so it is really shifting with prodigious rapidity backward and forward from one to another."

An idea to which we are giving concentrated voluntary attention is susceptible of being analyzed and clarified, and is almost sure to attract and draw around it all of the ideas that we have in memory that are in any manner associated with it.

Many times I have observed workmen taking unnecessary steps and making many movements, that accomplish very little. They appeared to be busy all the time, but at the end of the day they are far behind in accomplishment. Had they developed the power of doing one thing at a time, every movement would have counted for something worth while.

To call a man a genius is a misnomer unless he is able to give undivided attention to a particular subject or idea.

"It is the hardest thing in the world to be a good thinker without being a good self-examiner."—Shaftesbury.

INCONSISTENT WORK

Robert Stevenson tells of two men who were fishing when a violent storm came on. They became bewildered and lost their course.

One said to the other: "Sandy, can you pray?"

"I don't know," said Sandy, "but I will try."

"Well, Sandy, pray as hard and as fast as you can."

So Sandy got into the stern of the boat and prayed while the other continued to look out for land.

After a while the keel touched the sand, and the latter immediately called out: "Stop praying, Sandy, we are ashore and don't have to be beholden to anybody."

This is the attitude of many persons when they are in trouble. When no other help seems available they turn toward their Creator as naturally as a plant turns to the sun, but often they are not so constant as the plant, for when they are relieved of their difficulty or trouble they revert to their old way of living.

Thought is the most potent factor in the universe. Many psychological students know this to be a fact, but they often fail to realize that the most exalted thoughts held in consciousness spasmodically will avail little or nothing, for then they have no permanent value. If in the early morning your thought rises to a high plane of consciousness, you have exalted aspirations, and the most lofty ideals for yourself and neighbors. If you then engage in the business of the day with your mind filled with greed, avarice and an unholy ambition to take advantage wherever you can, the selfish desires will blot out the impressions of the early morning, and your high aspirations and lofty ideals will come to naught.

This inconsistent thinking and living would make a "Dr. Jekyll and Mr. Hyde." In your own world your own thought is the impelling force which brings that which you desire into manifestation.

"Man must work. He may work grudgingly or he may work gratefully; he may work as a man, or he may work as a machine."
—Henry Giles.

PERSEVERANCE

No one ever forgets the alphabet or the multiplication table. Why? Because a pupil could make no progress without thoroughly mastering them. That which is deeply impressed on the mind, and that which grows slowly, endures. Anything can be mastered by perseverance.

People who are weak, vacillating, negative, seldom achieve anything worth while. Granting that these temperaments may have been induced by pre-natal and post-natal influences, I maintain that there is no habit or undesirable disposition that can not be overcome by right training, hard enough desire, and a perseverance, which can not be side-tracked. Perseverance can be practiced by any one, and its power is irresistible if the practice is continued until the purpose is accomplished.

The training of our boys and girls should commence at an early age; at home and in school, but such training can not be found in school books. Thomas A. Edison says: I believe there is something wrong with our system of education." Boys of common school and young men in college are taught a lot of theories, but are not taught to do any real thinking.

Children may have different talents, but, notwithstanding these differences, are taught in classes without consideration for their natural tendencies and endowments. Children can not be taught to think unless they are interested in some particular thing or subject.

All of the achievements of mankind in the arts and sciences are instances of the power of thought, combined with unremitting perseverance. The wireless, the cables, telegraph, telephone, our modern skyscrapers, indeed, all wonderful inventions, are the outcome of untiring perseverance. Perseverance removes all obstacles and opens every avenue to power and accomplishment.

Through perseverance many people win success out of what seemed destined to be certain failure.

FAITH

The Scriptures tell us that Naaman, a great captain of the host of the King of Syria, afflicted with leprosy, was told by a captive maid that if he would go to Samaria the Prophet Elisha could heal him. Naaman's master said go, and he took with him much treasure.

On arriving at Elisha's abode, the prophet sent word that Naaman should go and bathe seven times in the river Jordan. This command greatly offended so proud and arrogant a person because Elisha would not see him nor accept any of his treasure. Naaman would have returned to his own country unhealed, except for the persuasion of one of his servants, who said: "If the prophet had bid thee do some great thing wouldst thou not have done it?" How much rather then, when he saith thee, wash and be clean." Naaman followed the servant's suggestion and was healed.

So it is with men and women all over the world today. God does not exact any wonderful thing from them in order that they may enjoy perfect peace, complete harmony, perfect health and abundant supply of every good and needful thing. To come into such a heritage of blessings we have only to get into alignment with immutable laws, and do unto others as we would have others do unto us.

Most people disregard the laws of nature in many ways. The subject of diet is largely one of adaptability. What is food for one person, is poison for another. If a person will be temperate in all things the subject of diet will adapt itself to each specific need.

A negative person requires food that will supply magnetic values. If one is of a robust, physical type, with strong positive animal inclinations, he should temper these tendencies by eliminating, at least for a time, nearly all animal food.

"As the flower is before the fruit, so is faith before good works."—Whately.

HEALTH

It will only be confusing to most people to go into a didactic explanation of our bodily structure telling about the amoebas, cells, molecules, atoms and electrons. All we require is a practical working knowledge of how to make a success of our lives from every angle.

A comprehension of our bodily structure shows conclusively that every organ and every part of our physical body is built up by a minute animal, or speck of life called the "amoeba." All authorities declare that for good health, a human being should drink two or more quarts of pure water every day. Comparatively few people know how to breathe properly. We must continuously fill our lungs with oxygen and breathe deeply. Allow plenty of fresh air to circulate through our bedrooms. We can not live three minutes without breathing.

Proper exercise is essential to good health. When you are exercising realize what it is for. Every amoeba and the cells in your body are intelligent and amenable to suggestion, either silent or audible. If you entertain a thought of sickness these minute animals go to work to manifest that particular trouble in your body. If you live right, think right, and entertain only health thoughts, sick germs can not find any soil in which to propagate.

If I was in a state of frenzy or excitation would it be possible for me to dictate this article? The subconscious phase of our mind is working for or against us all the time; we must get perfectly still and give it specific, positive direction for whatever we desire. The greatest forces of nature work in silence. The apple tree, peach tree, plum tree, rose-bush, all planted in the same soil, same climate, push up out of the ground against the law of gravitation; reach out into the cosmic universe and appropriate whatever substance they require for their development and complete fruition. Man is greater than these.

"The first wealth is health. Sickness is poor-spirited, and can not serve anyone."—Emerson.

THE POWER WITHIN

What a marvelous and strange power there is in silent concentration.

To all interested readers of these articles I would emphasize the importance of diligent practice of working in the silence and concentration. Desiring to help everyone all that I can to attain their heart's desire, and their ultimate goal, I would urge everyone to give thoughtful consideration to the following suggestions:

All thinking people realize that there is but One Power in the universe. Every human being is using this power every moment, consciously or unconsciously, directing it into right channels to bring into their experience whatever they desire, or because of ignorance, indifference and lack of right direction, permitting it to run rampant, manifesting misery, sickness, unhappiness and every undesirable condition.

The Scriptures say: "Thou shalt decree a thing, and I, the Lord, will establish it unto you." Man is a center, around which his world revolves. A center of influence and power, of thought and consciousness.

Man has been given dominion, but he must direct rightly and exercise this dominion by making contact with the power within by means of silent concentration in order to bring into the objective world whatever he desires.

Any one can learn how to make conscious, immediate contact with this power, but few can work efficiently in silence at first. Nature does not work instantaneously; everything grows step by step. To accomplish results, regular hours for work each morning and evening are desirable, and, also, continual reiteration or demand for whatever thing, or things, you want to come into manifestation is necessary.

"Silence is the element in which great things fashion themselves together; that at length they may emerge, full-formed and majestic, into the delight of life, which they are henceforth to rule."—Carlyle.

SILENCE AND CONCENTRATION

The overcoming and irresistible power that is continually flowing in and out of every human being is a silent power. It can not be seen, but its manifestation is in evidence all about us everywhere.

Every human being is employing this power every moment constructively or destructively. The importance of knowing how to intelligently contact with this power so as to employ it for our own good and that of others can not be overestimated. We will analyze and consider the benefits to be derived through silence and concentration from different angles.

For rest and recuperation of the mind we need to be silent, just as much as we require sleep for rest and recuperation of the body. Silence should be cultivated as a great virtue; it keeps secrets and avoids disputes.

Some people clothe themselves with an impenetrable silence; this attitude of taciturnity is not magnetic, and does not surround us with many friends; does not make a "hale fellow well met," and is often manifestly a cloak for ignorance, foolish and sinful thoughts, and is a safe course for any one to adopt when lacking in confidence.

Silence often enables us to see other people's imperfections, and helps us to conceal our own, but people with whom we associate might reasonably suspect us of emptiness if we indulge our inclination for silence on all occasions.

To think well and speak words of approbation and commendation for our friends, associates and neighbors is for us a personal responsibility and obligation, but to avoid speaking ill or making derogatory remarks about any one only requires our silence, and, truly, every one should endeavor to refrain from sowing seeds of discord and inflicting injury upon others. We know how gossip is disseminated and frequently distorted.

"Silence, when nothing need be said, is the eloquence of discretion."—Boyce.

"What a strange power there is in silence."—Emerson.

CONSCIOUSNESS AND THOUGHT

Consciousness is made up of thought. Consciousness and thought have the capacity of the fourth dimension, which is the spiritual realm. There are creatures that live only in the first and second dimensions. Physical man lives in the third dimension.

Physical man is limited in his movements to the earth and the earth's atmosphere, but consciousness and thought can not be limited. Instantaneously your thought can be projected to any part of the globe, indeed to any part of the universe of which you are cognizant; hence, in mind a mental healer can be instantly with a patient in any part of the globe, and a patient at such a distance can be healed just as surely as when the practitioner and patient are together in conversation.

Many who have not experienced the benefits of healing at long range will doubtless not accept the above statements. To such as these I would say you can not afford to doubt the possibility of anything until you have proven it to be false. Suppose you were telephoning from New York City to a friend in San Francisco; the words you utter would be instantly received by your friend, and time and space would have been annihilated.

A wireless message without any connecting wires can be transmitted a distance of about 10,000 miles, and a receiving instrument will receive the message instantly. If an aircraft is lost in a fog it can send out a wireless message, receive an answer and by such means find its course and go straight to its destination.

Such things would have been unthinkable, unbelievable 50 years ago. There are no incurable ailments; the power which originally built your body can rebuilt it, repair it and readjust it in accordance with the original divine plan. Mind is master of the corporeal body.

"If, instead of a gem or even a flower, we could cast the gift of a lovely thought into the heart of a friend, that would be giving as the angels give."—G. Macdonald.

INDIGESTION

I said in a previous article I would tell something more about how your subconscious mind will obey whatever suggestion you may make, providing you make the suggestion clear and with an abiding faith that it can and will proceed to do whatever you direct it to do.

The subconscious mind never sleeps. It has inherited from many previous ancestors all of the evil tendencies, animalities and general race beliefs that try to come to the surface, and it is either always acting on these suggestions, which will perhaps bring misery and suffering, or it is obeying your mandate now.

I was awakened about 1 o'clock one morning by my subconscious mind projecting into my consciousness the thought of indigestion. It was very pronounced, and for a short time caused me distress and discomfort.

Did I get up and take a dose of medicine? No, I knew there was a far better way to dismiss such a claim. I knew I could short-circuit such an erroneous thought by realizing the truth.

I used the following affirmation by Mr. Rawson: "There is no indigestion. God's ideas unfold to man in perfect sequence and with perfect regularity. Man assimilates, digests and understands God's ideas, groups them together and passes them on. The grouping and passing on of God's ideas can not give any pain, distress and discomfort, but does produce joy and happiness."

Did this prescription work? It did like a flash; the discomfort was all gone. How could it be otherwise? The indigestion was induced by thought. If I had not awakened I would not have felt and distress, so when I rejected the false thought and supplanted it with a true thought, that which was false had to vanish.

That which is true and that which is false can not abide in the consciousness at the same time.

DEPENDENCE

No man can live a life replete with happiness and success without listening to the counsel of others, and without more or less dependence on others. The rich are dependent on the poor, and the poor on the rich. However much material wealth a man may have, he is dependent upon the labor of others in many parts of the world for his daily subsistence.

Conversely those who labor to produce all needful things for the enjoyment and subsistence of mankind, are dependent upon those who have acquired the ability to manage and superintend big business, and this could not be done without accumulated capital. Any man or woman can accumulate capital if they will deny themselves many unnecessary indulgences.

How wisely a beneficent Creator has ordered that as many thousands are obliged to work for one, so must every individual perform his part for the good of all.

"There is none so great but he may both need the help and service, and stand in fear of the power and unkindness, even of the meanest of mortals." Seneca.

There is also another viewpoint from which we should consider dependency. To encourage dependency in anyone' who is capable of doing things for themselves only adds to their weakness. A person who leans upon you, one who wholly depends upon you without justification, eventually tires you out; it cripples and retards their own growth and unfoldment. By continually giving without receiving you are helping to form a selfishly conceited personality. One who is unwisely and unnecessarily dependent upon another should be taught "to work out his own salvation." It may be observed that most of the lower form of animals are thrown upon their own resources almost at birth, and human beings have far greater capacity for self-dependence. The idea is not compatible with a fair and generous mind, and it is not to be wondered at, considering the advantage that is often taken.

"Dependence is a perpetual call upon humanity, and a greater incitement to tenderness and pity than any other motive whatever."—Thackeray.

INDEPENDENCE

Cervantes says: "Happy is the man to whom heaven has given a morsel of bread without laying him under the obligation of thanking any other for it than heaven itself."

Thoughtful analysis will show how fallacious such a philosophy is, for every morsel of bread has involved the labor of many in sowing, reaping, milling, transportation, and it must pass through the hands of many others before it finally reaches its destination as "a morsel of bread." The fewer our wants the more independent we are of our fellow creatures.

Diogenes, the cynic philosopher, on arriving in Athens, dismissed his only attendant, saying: "If he could live without Diogenes, why not Diogenes without him?" Diogenes denuded himself of all superfluous clothing and movables. He carried a wooden bowl, and, seeing a boy drinking out of his hands, he discarded the bowl. Yet, notwithstanding his extremely simple manner of living, Diogenes could not be independent.

When I commenced to dictate this article my brain would not function; ideas would not come; mentally groping for quite a while I decided to talk it over with my subconscious mind. I became very still, relaxed. I said mentally to my subconscious mind, "You are the repository of all I have ever seen, heard or read; you never forget anything; you can instantly transmit to my consciousness whatever facts or ideas I need. I want suggestions for this article on Independence. I will lie down for a short time, and when I arise I expect you to give me the ideas I need." They did come. This confession is part of the suggestions I received. This is approximate independence.

"Heaven's eternal wisdom has decreed, that man should ever stand in need of man."—Theocritus.

MIND ACTION

Many people lack the power of discrimination. Many of their actions are instinctive instead of being predicated upon actual knowledge of facts and experiences, which have long been stored in the chambers of the subconscious mind ready and waiting to come out for expression whenever it is rightly called upon to produce them.

These animal instincts which we have inherited from many ancestors often lead us into erroneous actions unless modified by the urge of the soul. The thoughts which obsess men and women are easily interpreted by their actions. Action and energy is a law of the universe; always present, and in operation.

Each one is a center around which his own world revolves and though we can not see the action within our body and in our individual world, yet we are manifestly breaking this universal law of action when we are filled with inertia and become apathetic.

Every noble activity causes our thought to rise to a higher plane of consciousness, and creates within us an intense desire to bring more joy and happiness into the world.

It is impossible for any man to know how far a good and noble action may reach. When we contemplate the misery, suffering, loss of life and property resulting from the late war, and when we realize the distress occasioned by the late war will be felt throughout the world for many generations to come, and at the same time realize how easy all of this could have been averted by right thought and action, we are amazed that human beings could be so densely ignorant and wicked.

The actions of this life are harbingers of the next.

"Think that day lost whose slow descending sun views from thy hand no noble action done."—J. Bobart.

"Whatever that be which thinks, understands, wills, and acts, it is something celestial and divine."—Cicero.

DIRECTION WORTH WHILE

The unconscious influence of one person over another is often noticeable, and can only be explained by the action of our subconscious mind and personality. It has often been remarked that the entrance of a good and pure-minded person into a room where vulgar and profane language is being employed, will unconsciously modify and purify the tone of the whole assembly.

The thoughts we entertain will fill our mind, exert an unconscious influence and cast their shadows upon everyone who is negatively receptive, and comes within their range. Nearly all writers and students of psychology realize that more than 90 percent of all our actions, movements and experiences are subconscious; that is, by reiteration are performed automatically.

You do not have to do any conscious thinking or reasoning to move your hands, feet or any part of your body, and are not obliged to exert conscious thought and reason for the performance of the functions of the body.

When you are asleep, unconscious, that wonderful guardian, the subconscious mind, is in action, taking care of your breathing, digestion, and all of your body functions. The subconscious mind was originally designated and given the power to appropriate whatever is required of the universal life and substance necessary to build our bodies in accordance with the Divine plan and specifications.

It also has the power to keep our bodies in perfect repair. This it will always do, like every expert and careful builder, if given proper directions by the conscious reasoning mind, for the law of the subconscious mind is suggestion.

The subconscious is a great area of mind always under your command, ready to do your bidding and obey orders. Is it not worthy your earnest study and thoughtful consideration?

"Mind unemployed is mind unenjoyed."—Bovee.

POWER OF ATTENTION

For individual unfoldment and development of innate potentialities no one thing is of greater importance than a knowledge of how to concentrate attention.

The power of attention may be illustrated by the action of the sun-glass through which the rays are focused upon an object, for by this means the heat is gathered together and focused upon a small, definite point. Heat, so concentrated will burn a piece of wood or evaporate water. If the sun's rays had not been focused upon a certain point, its power would have been greatly diminished, for it would have been spread over a large surface.

Is this not an object lesson?

Does it not show convincingly and clearly how necessary it is to focus our attention upon any problem or idea on which we want to get mind action? If the mind is permitted to wander and scatter itself the result will be unsatisfactory in every case, but by concentrating attention upon one detail after another of our problem, we thus impress upon our subconscious mind a perfect picture of what we want to come out into expression, and often the immediate response to such an impression is startling and seemingly little less than marvelous to the uninitiated.

Beattie says: "The force wherewith anything strikes the mind is generally in proportion to the degree of attention bestowed upon it. Moreover, the great art of memory is attention, and inattentive people always have bad memories."

There are several kinds of attention. Attention directed within the mind upon mental ideas and desire. Then there are external objects upon which we are often directing attention. To practice thinking of and doing one thing at a time is the best possible method for cultivating the power of concentrated attention, and such practice will inevitably lead to ultimate success in every undertaking.

"It is for want of application, rather than of means, that men fail of success."—Roucheffoucauld.

VOLUNTARY ATTENTION

Involuntary attention is that phase which comes into consciousness without any effort of will. One often becomes attentive and interested because of the beauty, attractiveness or utility of a thing.

This is a psychological reason for attractive store windows and displays, demonstrations in department stores and industrial conventions. Involuntary attention is most in evidence in the lower forms of animals and in children, but, it might be added, there are many men and women who rarely ever get beyond this phase of attention.

A lazy, indolent, indifferent, irresponsible person will usually give an object only momentary attention, for they are often too apathetic to make any effort of will. Attention that requires an effort of will and determination is voluntary, and while voluntary attention is not beyond the grasp and intelligent application of any human being, yet I believe it is safe to assert that a preponderance of people refuse, because of their indolence, to avail themselves of this wonderful power of attention.

Humanity is blessed in the fact that all students, scientific men, inventors, and people who accomplish big things for the benefit of mankind, do employ voluntary attention, for nothing in the mental realm can be accomplished without it. If you will observe you will notice that only earnest, persistent, positive, determined people, are capable of asserting their will in the exercise of voluntary attention.

I believe the reason that many boys and girls leave school at the eighth grade, and why many high school graduates seem to have acquired so little power for real thinking and so little accumulation of knowledge, is attributable to the fact that their interest has not been awakened, for without interest there can be no voluntary attention.

"If I have made any improvement in the sciences, it is owing more to patient attention than to anything beside."—Sir I. Newton.

SILENT CONCENTRATION

The man who knows how to consciously concentrate in the silence; that is, to give a particular thought undivided attention; to focus attention; to shut out all other thoughts and external things, is exercising a power beyond the comprehension of the masses; a power that is always dependable, and can be rightly directed at any moment or place.

When one goes into the silence it should be for a definite purpose. We should endeavor to visualize clearly whatever we want to come into external expression. The mental picture must be impressed deeply upon our subconscious mind, and then the subconscious will immediately go to work to do everything that is necessary to be done to bring our desires into manifestation, for it has control over external things and affairs as well as internal. Of course, in the last analysis, it is God in action, in answer to our decree.

We should never carry any trouble into the silence. We should always endeavor to visualize our unity with God, and endeavor to get a comprehensive idea of what God really is.

Dr. Joseph Perry Green says: "When you go into the silence, visualize God as a radiant, dazzling light of great beauty, without particular form and of great intensity. Bathe yourself in this Light. See yourself filled with light and wisdom and health until your being is conscious of that light and life, and every atom of your body is vibrant with the power of that presence."

When you have a perfect picture visualized of what you desire mentally say: "Infinite, Eternal Spirit of good, let the way be open for me to see more and more clearly the law, the way, the means, the methods, that I should employ to bring my desires into manifestation." Then wait with patience, confidence and faith to be directed.

"Concentration is the letting of what I AM into what I do. There is no straining about it, no tension of mind or body, no hurry, worry or fear. It is just to be still and let what I AM do one thing now."—E. Towne.

THE INFALLIBLE ADVISER

Reader, I want you to know you have command over a marvelous power that is within, and which is susceptible of profitable elucidation, a wonderful, and indeed an infallible adviser, providing you know how to ask for what you want.

When you know how to contact with this adviser you need never ask for other advice; no matter what your problem may be, you will always get direction for right action, whether you are president of a bank, a clerk, a mechanic, a housewife. Whatever be your profession or vocation, matters not at all, for every individual in the world has within him or her the same potential power. I want to emphasize the fact that university or college professors have no more command over this power than you have, though you will be comparatively illiterate. This power will raise you out of a possible abyss of darkness and bring you into a state of almost unthinkable illumination.

When you are seemingly conversing with any one they do not see you at all—the real you—indeed, that which you are expressing in audible language is perhaps the least part of you, for you may be expressing something that your conscious, reasoning mind is directing, and this is the one phase of mind that is least dependable.

The real You is a fragment of the Divine Mind, and you are master over everything connected with your body and with your world. The mind and the will are your working tools.

You have the power to drop from your mind any thought, at any time, by becoming interested in another, hence you need never give hospitality to a discordant thought.

*"I have a silent partner which is with me every day;
I never need to worry, whatever comes my way."*

MOLDING CHARACTER

It is my earnest desire to make clear how character may be modified and wonderfully changed; indeed, made over by rightly directing and co-operating with the subconscious mind. There is no person so despondent, discouraged or degraded, but who can be made over by the action of the different phases of mind.

Character is largely the result of the kind and quality of seed-thoughts one entertains in consciousness and transmits to the subconscious mind.

The man or woman who is persistently entertaining thoughts of despondency, discouragement, depression, and who are continually holding mental pictures of themselves as unsuccessful, down-trodden, abused, are almost certain to grow into these undesirable states or conditions.

Their whole nature will become colored, and dominated by the character of thoughts they are entertaining; indeed these very conditions are apt to objectify in their experience.

Conversely, the man or woman who is planting success and harmony thoughts will inevitably draw to themselves the ideal which they have mentally pictured.

Most people realize their weak and undesirable characteristics, but, in many cases, people believe that this is their natural temperament and can not be changed. This conclusion manifestly is erroneous. Many people are too self-indulgent to make an effort to modify or correct an undesirable characteristic, yet their characters are being modified and changed by association with people of more positive thought, and they unconsciously transmit these thoughts to the subconscious mind, and it never fails to act in accordance with whatever decree they make.

Many people allow others to mold and influence their lives. These people are negative. Strong and positive people will mold their own character and make their circumstances and environment whatever they desire. Such people make history and accomplish big things for themselves and humanity.

SOME INCOMPREHENSIBLE MYSTERIES

Everybody and every living thing, including animals, trees, plants and vegetables, have some degree of mind, for everything in the universe is an impartation of the One Infinite Mind. Man is the highest concept of the Creative Intelligence.

There have been and are now many profound thinkers who believe in evolution; they believe that men and women have lived many times and in various forms, as animals, birds, snakes, insects and plants, etc. They believe we have crept up and up, now in one form, now in another, always gaining intelligence and power until at last we have reached our present state.

Whether this theory is true or not, many thinkers believe that men and women have lived through many incarnations.

They say: How else can we account for the many extraordinary prodigies, such as Mozart, who was an accomplished player of the piano at 4, and composed masterpieces at 5 years of age? And Schubert, another musical genius, whose teacher said that surely he must have learned music from heaven.

And how did Bidder, at the age of 12, seem to see in the air the answer to the most complicated mathematical question without calculating? Many other calculating boys have done the same. To what were the wonderful powers of Emanuel Swedenborg due? Why did not the tiger spring upon Sir Charles Napier, but slink away when gazed at fearlessly? There is involved in every human being all of the wonderful possibilities of the Infinite, just as the giant oak is involved in the acorn.

"I am greater than star or sun,—for I am part of 'One' the 'One.'"—E. W. Wilcox.

SUGGESTION

Suggestion is the dominant factor of all action.

"Mark ye well, ye proud men of action! Ye are, after all, nothing but unconscious instruments of the men of thought."
—Heine.

The subconscious phase of mind must receive a suggestion before we are impelled to action. Suggestion may be transmitted as audible, telepathic and auto-suggestions, and by reading, observation and through the medium of all our senses, physical and spiritual.

Helen Keller, although blind, deaf and dumb, graduated from college versed in the sciences, along with extensive reading in Latin, Greek, French, German and English classics, and became a writer of the purest English style; all of this knowledge was transmitted by suggestions written on the palm of her hand, and by feeling the vibrations of her teacher's throat, the movements of her mouth and the expression of her face.

The power of suggestion, whether good or bad, is so impelling and compelling, producing either good or bad results, that all children ought to be instructed in the law of suggestion.

A criminal hought originates in the mind of some one; it is transmitted telepathically to many people of similar tendencies; the suggestions are augmented by the publicity, so the wave of crime suggestion grows. Some one starts an "influenza" scare and the consequent results are appalling, due to the power of suggestion. Some one hints that a certain bank is becoming financially weak; a run on the bank follows. Every financial panic this country has passed through was caused by suggestion, which, perhaps, had its emanation at first in the mind of some one person.

We are saturated with sick thoughts and fear thoughts unless we know how to guard ourselves against them.

Children are very susceptible, and parents should endeavor to convey only good suggestions in all action, thought and speech.

CONTROVERSY

Webster defines "controversy" as agitation of contrary opinions, debate, disputation.

Opinions differ as to the virtue of controversy.

Robertson says: "Disagreement is refreshing when two men lovingly desire to compare their views to find out truth. Controversy is wretched when it is only an attempt to prove another wrong. Religious controversy does only harm. It destroys inquiry after truth and throws all the energies into an attempt to prove ourselves right—a spirit in which no man gets at truth."

Every one can profit by reading controversies, if in such reading the desire is to find the truth and the reading is without prejudice.

If controversy is carried on in the interest of truth, and not in the spirit of antagonism, then the senses of the adversaries become more active and their judgment more dependable.

The evil effects of properly conducted controversies are transitory, while the benefits may be permanent; but in many cases disputants care nothing about bringing out the truth; their whole desire is to voice preconceived opinions.

No well-bred, right-thinking person will engage in or continue an argument that is manifestly wounding or hurting the feelings of another.

Always try to be calm in controversy, for he who tries to establish his opinions by loud, vulgar, noisy speech proves that his reasoning is weak and his conclusions untenable.

Prejudices are not founded on reason; therefore, it is almost impossible to overcome them by logic.

Of all places and times the dinner table should never be the scene of disputations, for such engagements will inevitably interfere with perfect digestion.

Cultivate poise and tranquillity, and if listening to an unprofitable argument do what you can to redirect and change the thought.

"Blessed are the peacemakers; for they shall be called the children of God."—St. Matthew. V. IX.

OUR WONDERFUL SERVANT

Action and reaction can not be dissociated from mind. All action and reaction is the manifestation of superconscious, conscious and subconscious mentation. Many students are under the impression that all phenomena can be grouped under the head of conscious and subconscious phases of mind. This belief is erroneous. The Scriptures say: "Ye shall know them by their fruits. Do men gather grapes of thorns or figs of thistles?"

The subconscious mind never sleeps; it is always keenly alert to receive suggestions, then acts, whether they be auto suggestions; that is, induced by your own conscious reasoning mind, or by suggestions coming from the minds of others. It makes no difference at all to the subconscious, for it always acts on the strongest impression or most vivid mental pictures, and will always continue to act on these pictures until they are wiped out by some subsequent stronger impressions.

The subconscious is a wonderful tool; it has marvelous power; it will work for us when we ask it, or it will work against us if improperly directed, either by ourselves or some one else. It is the repository of all we have ever seen, heard or read. It is the storehouse of all we have experienced and inherited. It has no initiative; it always acts on suggestion, whether good or bad; whether at home or at our business, on the street or anywhere the subconscious mind is alert to receive impressions.

We can command the subconscious mind to do our bidding, to surround us with an aura that will protect us against any adverse thoughts or conditions. I am sure our readers now understand that the subconscious mind does not originate anything good or bad, although it has inherited from many ancestors all the evil and animal propensities that try to come to the surface.

"The superconscious is the realm of Divine Ideas. From it all things proceed and all things are enveloped in it."—J. R. Rude.

EFFECTIVE WORK

Reader, if you get an understanding, an overwhelming sense of your innate potentialities, you can remove mountains of obstacles, attain your highest ambition, do in reason whatever you want to do and be whatever you want to be.

Animal passions, insane impulses, delusions, intolerance, fanaticism and other undesirable characteristics are the inherited instincts of the subconscious mind, but these all may be subdued by right direction given it by the conscious mind.

The subconscious mind may be lifted out of the darkness in which it is submerged into the limelight of the superconscious mind. This superconscious is the phase of the mind from which emanates all that is good, inspirational and intuitive; that phase from which all high spiritual longings emanate.

This is the "still small voice" always appealing to our conscious mind for action. This is freedom of choice. The subconscious mind will do our bidding. No people understand the action of the different planes of mind better than the Hindoo Yogis. A Yogi is a teacher who, by consecration and devotion to the truth, has attained spiritual illumination.

They teach, when you have a perplexing problem of any kind, to relax every muscle, take the tension from every nerve, relieve yourself of all mental strain, then wait a few moments. Fix your attention on the details of the problem by means of concentration.

Then, by an effort of the will, pass these details on to the subconscious by forming a mental picture. Then mentally say to the subconscious: "You have marvelous power of discrimination, you are always ready to do my bidding, I want you to examine all the details I have handed you in regard to this problem; digest, analyze, arrange, classify and then hand the results back to me. Attend to it." Then wait in faith and confident expectation for the

answer.

WHAT INDUCES THOUGHT

A chemist forms new creations by combining different ingredients and elements. For this article, and, indeed, for all writings, like the chemist, I borrow thought from that which I have read, and from minds with which I have associated. It is by this process that new ideas are born.

A daily accumulation of new thoughts gives us additional power, and makes greater achievement possible. We are always unconsciously co-operating with other minds, however distant they may be, with which we are in affinity.

Thoughts which we unconsciously receive often lead us to associate with an individual or group of individuals, impel us to read certain books and incite us to many forms of activities which may be destructive or constructive, according to the receptivity of our minds.

We are in our present environment because we are what we are; and we are what we are because of the daily inflow of new thought, whether it be destructive or constructive.

We are not exactly the same persons today we were yesterday because of new thoughts acquired by reading, contacting and associating with other minds. Conversation in our place of business or on the street today may bring about a combination of thoughts that may make a vast change in us tomorrow.

If we do not give heed to our thoughts we can not prevent mistakes and failures coming into our experience. If we do not protect ourselves against low, degrading, destructive thoughts, they, like a powerful magnet, pull us down to their level; but if our aspirations and ideals are of a high and lofty character, we gravitate toward and associate with people who have similar qualities of thought.

"Harmonious thinking is the cause; health is the effect."
Discordant thinking is the cause; disease is the effect."

—A. M. Crane.

SELF-PROTECTION

If we should ride in an automobile for several blocks through a crowded business street with the sensitive plate of a camera exposed, what kind of a picture would be impressed upon it? Just so it is when the sensitive plate of our subconscious mind is exposed when we mingle with a crowd if we do not keep the subconscious closed against many trivial and destructive thoughts that are flowing from the minds of people around us.

At such times we can protect ourselves only by keeping our mind fixed upon some good constructive ideas. This also affords one an excellent opportunity for practice of concentration under difficulties.

Most people never try to control their thoughts; be an exception, try to control your thoughts. New and aspiring thoughts fill us with new life. New ideas, new desires for achievement and to render service to others, fill us with hope that eventuate in action.

It does not profit us to renew and revive the past. We are not the same persons that we were last year or ten years ago, and we will not be the same persons next year that we are this year. The soul of every individual is always reaching out for new experiences. For in every human being there is the urge of the soul to go onward and upward.

We are all a part of the God consciousness, part of the One whole. The subconscious mind is not limited, it is part of the Universal mind, and, therefore, is susceptible to wrong as well as right impressions received from other minds.

The only safe plan is to keep it busy with auto-suggestion. Dr. Miller says: "When we have mastered the art of auto-suggestion we become conscious of a self-supremacy and power of which we have never before dreamed."

Many times inventions of like nature are under way at the same time in distant places by various people.

GOOD PASTURE

The economist, Henry George, was writing in his study. Glancing out of the window he saw a large bull tethered by a rope to a substantial post. The bull became infuriated because of his seeming limitations and began winding the rope around the post. Soon he found himself in a complete state of helplessness. With abundant pasture all about him he was unable to help himself to any of it.

Just so it is with many people today. There is good pasture for every human being.

If we leave school before we acquire a sufficient education; if we waste too much time on worldly pleasures; if we are slaves to style and fashion; if we cultivate an unattractive personality; if we are selfish, lazy, bad-tempered, and cultivate other undesirable qualifications, we thus elect to become mediocre in our profession or vocation, and are not in line to appropriate the good things which a beneficent Creator has prepared for his offspring, for his pasture is abundant.

Have faith in yourself. Have a prosperous look and act the part. Cultivate optimism. People are not attracted by one who is always looking on the dark side of things. Study how to serve others and you will incidentally advance your own interest.

Many an aspiring soul has found his or her life work by reading the biographies of great men and women. Benjamin Franklin was accustomed to attribute his usefulness and eminence to having read in his youth a work of Cotton Mather.

The ancient philosopher, Marcus Aurelius, said: "That life is more like wrestling than dancing. We should be able to meet every onset however unexpected." This philosophy implies that man should be perfectly tranquil and master of himself under all circumstances and conditions.

"The pastures are clothed with flocks; the valleys also are covered with corn; they shout for joy, they also sing."—Ps. 65:13.

ABUNDANCE

Notwithstanding the appearance of lack, yet somewhere there is a lavish abundance to meet every human need. In every community, city, town or country there are men and women who have accomplished big things; who have won fortune, influence and power.

In many instances these people have unknowingly put into operation an immutable law that always brings results. They have unknowingly acquired the habit of unconscious introspection and meditation. Such people do not ask friends what they ought to do when they have an important decision to make.

When they have a problem to solve they often by meditation, unconsciously, submit all details of the proposition which they are considering to their subconscious faculties, as the subconscious is always amenable to suggestion, and it immediately goes to work to examine, analyze and thrash out all of the details and report the result back to the field of consciousness so insistently that such people always know exactly how to decide and what to do.

They seem to do an incredible amount of mental work, but, in fact, their conscious reasoning mind is taxed but very little, the subconscious doing nearly all the work.

Stevenson said that he was indebted to his subconscious faculties for many incidents and scenes which he incorporated in his books. "My Brownies! God bless them!" he exclaimed. "They do one half of my work when I am fast asleep, and the other half in all likelihood when I am wide awake and foolishly suppose that I am doing it for myself. For two days I racked my brain for any kind of a plot for a book on man's double being, and the second night I dreamt the scene of 'Dr. Jekyll and Mr. Hyde,' at the window. I saw Hyde pursued, take the powder and undergo a change in the presence of his pursuer."

"The Lord thy God shall bless thee in all the increase, and in all works of thine hands, therefore thou shalt surely rejoice."
—Deut. 16:15.

IDEAS

The value of a good idea is beyond computation. Some one has said: "The most irresistible thing in the world is an idea whose time has come, for it will inevitably find its own expression."

How can mortals be irreverent or indifferent when they contemplate the countless ideas which an Omnipotent, Omnipresent and Omniscient Creative Intelligence has projected into form and color? Everything in the world, and indeed in the universe, was at one time only an idea not yet brought into manifestation.

Man is the highest concept of the great, first cause.

Man has been given the power to interpret and to create.

Great ideas are never original. When the world is in need of them they press for admission and may be interpreted by many minds at almost the same time in various parts of the world.

Many ideas become of more value to the world when transplanted from one mind to another. The ideas and images in the mind of man are the dominating factors which impel him to right or wrong action.

To the observant thinker the most trifling object often suggests an invaluable idea.

Men and women have access to any idea that they are in need of, for there are an infallible rule and an inexhaustible supply.

If you are in need of an idea, whether it be small or great, for your business, for an investment, or for improvement of an invention, or for anything, go into the silent state of meditation for a few minutes every morning and at night before retiring and realize the idea that you need is available, and the idea will surely manifest itself to you through the action of the Divine Mind.

Edison calls it courting Nature; I call it GOD.

"Ideas are the factors that lift civilization. They create revolutions. There is more dynamite in an idea than in many bombs."
—By Vincent.

WHAT IS LUCK?

Humanity is obsessed with many superstitions. If a man becomes wealthy by industry, thrift, and intelligent, persistent application to a well-thought-out plan of action, is it luck?

If a man by diligent study prepares himself to take advantage of opportunity when it knocks at his door, is it luck?

If a boy or a young man is studious and willing to forego many present worldly pleasures in order to equip himself to create his own opportunities, or to take advantage of opportunities when they offer, and finally rises to eminence and power, is it luck?

If a young lady so conducts herself as to command the respect and admiration of young men of education and real ability, and eventually makes a happy and prosperous marriage, is it luck?

When we analyze we find it inconceivable that there could be any effect without a cause. Everything in the universe works according to Divine law and order, and when men and women try to interfere with the operation of these laws the price they have to pay is inevitable.

Do not hope for anything from luck. Be resolved to be prepared for any opportunity or emergency and people will call you lucky.

An early-rising, prudent, thrifty, honest man never complains of bad luck; it is the fellow who is always saying "pleasure first and duty second" that considers himself unlucky.

Luck is always waiting for something to turn up. A strong will and intelligent application will turn up something. An indomitable will and determination to achieve and carve out a competence never lies in bed waiting for a legacy.

"Shallow men believe in luck, wise and strong men in cause and effect."—Emerson.

Put P before the word "Luck" and you have the password to the attainment of all your desires.

"Hope nothing from luck, and the probability is that you will be so prepared, forewarned, and forearmed, that all shallow observers will call you lucky."—Bulwer.

THE WAY TO GREATER EFFICIENCY

Dr. Abercrombie says: "He considered that he knew of no more important rule for rising to eminence in any profession or occupation than the ability to do one thing at a time, avoiding all distracting and diverting objects or subjects, and keeping the leading matter continually before the mind."

When our attention is concentrated on a particular subject or idea, many associated facts that have been stored in our memory arise in our consciousness, and form new and invaluable combinations. Attention seems to attract to our consciousness all that we have ever seen, heard or read regarding a particular subject or idea, thus we are able to combine, classify and create new ideas.

This is the experience of all profound thinkers. We learn to do things by frequent reiteration and reviewing.

A child commences to take piano lessons. The first few lessons seem almost impossible to the average child, but if interest be excited and attention concentrated upon each lesson, with intervening practice, the lessons become increasingly easier and the child soon becomes comparatively proficient.

The more one's attention is concentrated upon study, work, or idea of any character the deeper is the impression made upon the mind, the easier will be each succeeding lesson and train of thought.

Psychologists deprecate the practice of thinking of one thing while at the same time doing another. This practice will tend to lessen the power of concentrated attention if it does not ultimately destroy it.

Kay, quoting an unknown writer, said: "She did things easily because she attended to them in the doing. When she made bread she thought of bread, and not of the fashion of her next dress or of her partner at the last dance."

Try to eliminate self-consciousness. Concentrate on your present task. This method will result in *greater efficiency*.

COMMON SENSE

"Common sense is the knack of seeing things as they are, and doing things as they ought to be done."—C. E. Stowe.

Common sense is a rare virtue. If parents would exercise common sense in giving good and constructive suggestions to their children and making right impressions upon their minds in early life, there would not be so many misfits in the world.

If children were taught at home and in school until they were deeply impressed with the real meaning of patience, kindness, generosity, humility, courtesy, unselfishness and all the qualities that go to make up a noble and beautiful character, this would be common sense.

If children were deeply impressed with the thought that there is far greater happiness in rendering a service to another than in demanding one, this would be common sense. If children were taught during their school period business amenities and self-confidence, if they were taught to look directly into the eyes of those to whom they speak, this would inspire them with manliness, confidence and attentiveness, and if children could be placed in groups or classes in school, and specialize in studies that their innate nature or talents would enable them to absorb like a sponge, because of their interest and love for such studies, this would be common sense.

If employers and employees would endeavor to eliminate selfishness and arbitrate all differences in a spirit of amity, this would be common sense.

"If a man can have only one kind of sense, let him have common sense. If he has that and uncommon sense, too, he is not far from genius."—H. W. Beecher.

"One pound of learning requires ten pounds of common sense to apply it."—Persian Proverbs.

THE DREAMER

We often hear it said—he is a dreamer, a visionary. If it were not for the dreamers, would we today have wireless communication and the telephone? Would we have all the wonderful things that our present civilization could not well do without?

The Atlantic cable, the telegraph, the printing press, the flying machine, the automobile, the locomotive—all of these and other innumerable inventions were at one time only a dream in the mind of some one whom the world called a visionary.

This kind of dreaming is constructive, it brings out of the great cosmic universe ideas that have always been ready for man to appropriate and use. Cultivate your imagination. Do not talk much about your dreams until you have made them practicable. Do not boast in advance of your achievements. Be like David Crocket: "Be sure you're right, then go ahead."

During your quiet hours of meditation valuable ideas entirely foreign to your profession or vocation may come to you. Do not cast these messages aside as worthless, but enter them in a notebook; they may bring you a fortune.

Sir Richard Arkwright was at one time only an ordinary barber. He had no mechanical ability, but one day the idea of the spinning frame which revolutionized the manufacture of cotton goods was visualized in his consciousness. He employed a jeweler to make a model. It was a success and Arkwright became very wealthy.

How could the world be supplied with cotton goods today if it had not been for this dreamer?

"Dreaming is an act of pure imagination, attesting in all men a creative power, which, if it were available in waking would make every man a Dante or a Shakespeare."—Hedge.

PROCRASTINATION

By the streets of "by and by" one arrives at the house of "never."—Cervantes.

Some people are always intending to begin a new life, to commence a career, but having acquired the habit of procrastination, they never find time. Many a person says, "I have no time to take a vacation, I will attend to my health after I have made my fortune."

Procrastination is often induced by laziness, and many times children acquire the habit because when parents tell them to do a certain thing they do not insist on its being done at once. "Procrastination is the thief of time."

If all of us could and would keep a record of the time that we waste in doing nothing at all, or in doing unnecessary and unprofitable things, doubtless most of us would be astounded to discover the amount of time we have frittered away. Many lose much time in unprofitable gossip and discussion, and more for lack of system. Most of us commence wasting time the moment we get out of bed in the morning by taking unnecessary steps and making many movements that could be avoided.

The utilization of time in right thinking and diligent study along some specific, definite line would carry most of us to greater efficiency and probable wealth.

A wise man said: "At 30 man suspects himself to be a fool; at 40 he knows it, and reforms his plan, and chides himself at 50 for infamous delay."

Break away from the habit of procrastination; do it now. "I wasted time, and now doth time waste me."—Shakespeare.

"Delay not till tomorrow to be wise; tomorrow's sun to thee may never rise."—Congreve.

EFFICIENCY

Personal efficiency is one of the most important subjects that could possibly engage the attention and justify the earnest study of any individual in this age.

All great efficiency engineers declare that whatever we want to be, we can be; whatever we want to do, we can do.

If we are inefficient we are practically nonentities, unable to take any part in the large affairs of the world's activities; obliged to take whatever the world offers to earn a subsistence. We are seemingly creatures of circumstance and chance, drifting hither and thither like a boat without a rudder, whereas every aspiring soul should and can be a master of circumstance and chance. Andrew Carnegie said: "Be a king at one thing and not a jack of all trades."

If I could enforce my will I would decree that boys and girls should not enter into any kind of employment until they had first been examined by an expert character analyst to determine what vocation they were by nature best fitted to engage in.

There are many books on efficiency methods, and many biographies of men and women who have attained fame, fortune and all that the world can offer, and the records of their achievements give us models and examples that are invaluable to us in the attainment of our goal.

Study everything pertaining to your own profession or vocation.

Elbert Hubbard said: "If we are an authority on anything, the world will make a beaten path to our door, even though we live in the back-woods."

"An inefficient man never profits by mistakes or failures; an efficient man find a valuable lesson in each mistake or failure."—Parinton.

SUCCESS

True success does not always mean wealth, stocks, bonds and large bank accounts, yet true success may include all these.

Continually hold in mind the idea of "SUCCESS."

Confident expectation of success makes us a receiving instrument for all of the success thoughts that are vibrating through the ether of the atmosphere, and our mind becomes a powerful magnet to draw success thought.

People of pessimistic tendencies, always looking on the dark side of things, confidently expecting misfortune and failure, are traveling along a sure road to failure.

Keep away from people who are always despondent; who always have a mental picture of some bad luck that is on the way. You can derive no benefit from association with such people; they spread the contagion of poverty thought, and in their company you will surely assimilate some of their ruinous-thought element. To say that "I can" and "I will" places you in alignment with thought currents that inevitably lead to "SUCCESS."

We naturally gravitate toward that which we continually hold in mind. If we think SUCCESS, we are inclined to associate with those who are successful.

SUCCESS must first be created in mind. No matter what our vocation may be, we can generate thought force to carry us to the highest pinnacle of success.

Be honest with the public, give them good goods and good service. Spend liberally and wisely for advertising, ornamentation and remuneration to employees, that is, "do unto others as you would have others do unto you."

"To become an able and successful man in any profession, three things are necessary, nature, study, and practice."

THE EXCEPTIONAL MAN

The exceptional man is not the millionaire, the multi-millionaire, scientist, inventor, captain of industry big financier, bank president, railroad president or politician. The world would indeed be a place of desolation if it were not for the achievements of these men.

How would the world be fed and clothed today if it were not for the telegraph, telephone, the various systems of modern exchanges and different kinds of transportation? Without these things the people on earth would be isolated and the world would be reduced to primal savagery.

Yet none of these things, including physical man, who conceived and brought them into being, are permanent; they all pass away.

At the World's Fair in Chicago, it was determined that the best specimen of physical manhood was a South Sea Islander.

By comparing this man with Lincoln, Franklin and other men of their type, we find that on the side of physical manhood the savage is superior. He will have greater endurance; he can digest his food better and probably has a better nervous system.

The difference between this savage and such men as Lincoln and Franklin is in the mentality. These two examples indicate the limited and unlimited possibilities in the mental realm.

The exceptional man is the man who recognizes the Supreme Creative Intelligence, and realizes how little he knows, and admits that the vast realm of knowledge is as yet unexplored.

He best knows that all life, intelligence and power are from God, and that because all things must be first spiritually discerned, it follows that all things belong to God, and that man is only a temporary administrator.

"It is not what he has, or even what he does which expresses the worth of a man, but what he is."—Amei.

PROSPERITY

"In idle wishes fools supinely stay;
Be there a will, and wisdom finds a way."

—Crabbe.

Somewhere there is already in existence, or can be produced, a lavish abundance to meet every human need, but this can only be accomplished by righteous and rightly directed effort.

It is estimated that at the present time there are about 40,000 people out of employment in Cincinnati, and it has been found necessary to open a soup-house for the relief of those who are reduced to such financial straits they can not purchase necessary food. I have been informed that there are many in the bread-line well clothed, even wearing silk shirts, for many of these people earned big money until recently. Their improvidence in time of prosperity is largely a cause of their reduced circumstances; obviously to a certain extent they have themselves to blame.

In times of prosperity people should prepare for a change. Prosperity often inflates and puffs up people of narrow vision. They often imagine they are high and mighty, and look down on frugal people with contempt, but a truly noble and resolute character finds a valuable lesson in adversity and profits by it.

Prosperity should bring to the surface our highest and best qualities, for we are always on trial when fortune smiles upon us. Weak characters are warped by excessive prosperity.

Some one has said: "God does not send us money direct, but gives us promissory notes, and pays these notes when faith presents them at the throne." God sends us ideas, spiritual ideas, and these are sufficient for all our needs if we are incited to action by these divine impulsions. You are not a worm on earth; you are the highest concept of the Absolute."

"To rejoice in the prosperity of another is to partake of it."—
W. Austin.

ADVERSITY

It is reported that millions of people in China are in a starving condition because of famine; that millions of people in Eastern Europe and the far East are in a state of misery, desolation, adversity and on the verge of starvation. Why? Because as nations and individuals they have infringed the laws of love and harmony which never can be infringed with impunity.

The Creator of the universe never imposes upon nations and individuals misery and adversity in order to discipline them. Man may rob, murder, lie, cheat and be a depraved, immoral character, and possibly escape punishment as enacted by man-made laws, but no one can be disobedient to the laws which God has enacted without paying the price in full.

Adversity is always self-imposed, self-inflicted, yet when nations and individuals are running rampant with riotous living and steeped in sin, then adversity often becomes a blessing.

There is another phase of adversity that might be profitably considered:

"Smooth sea never made a skillful mariner, neither do uninterrupted prosperity and success qualify for usefulness and happiness. The storms of adversity, like those of the ocean, rouse the faculties and excite the invention, prudence, skill and fortitude of the voyager. The martyrs of ancient times, in bracing their minds to outward calamities, acquired a loftiness of purpose and a moral heroism worth a lifetime of softness and security."—Anon.

Man has the ability and power to rise against any affliction and adversity. Man is independent of his body; he is immortal, invincible and nothing can vitiate the power divinely bestowed on him by divine enactment. If you are in the grip of affliction, adversity or discouragement realize your unity with the power that created the universe, and know that mind is master of body, circumstances and environment.

"Prosperity is no just scale; adversity is the only balance to weigh friends."—Plutarch.

RECEIVING AND GIVING

Receiving and giving. How easy this sounds. How little understood is this fundamental law of individual life. We receive through the faculty of unconsciousness. To give we must exercise the will.

We receive and we give. Is it possible to say more? For this includes all the activities of life.

In the material and physical world nature does not intend that man should get ahead without effort, for in some way man must always give an equivalent for what he receives. He must pay the price.

As an individual entity man comes into the world with a physical body, a spiritual body consciousness, will, appetites, passions, emotions and desires, and with this stock he commences the business of living on earth.

He may accumulate wealth and property, and to all appearances be getting ahead, but he has been obliged to pay the price in some manner, and in the last analysis he is not ahead, for when he passes out of this state of existence he can not take these accumulations with him.

His real accumulations are experiences. The physical body has its limitations of growth, but the growth of the soul, we believe, has no limitations. It continues to accumulate knowledge, wisdom and experience in this world and in the next. Man may accumulate land and property.

Growth of population and other circumstances may cause it to increase in value. In economics this is called the "unearned increment" because he takes to himself values which in reality other people have created. In such instances he is receiving without giving an equivalent.

Knowledge and wisdom can not be accumulated in this manner. Only by personal effort can we acquire these attributes of the soul. Every soul acquisition must be paid for by physical, mental and moral endeavor.

PERSONAL EFFORT

"The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity."—Balfour.

We often hear the remark: "This or that person has a wonderful brain." It is assumed that it is comparatively easy for them to do big things in the business world, to create marvelous inventions for the benefit of mankind, to make wonderful scientific discoveries, and to produce works of art that endure through many generations.

The masses conclude that these accomplishments are easy for these people because they naturally are so gifted and talented. Knowledge and wisdom never come to any man or woman as a free gift. Sometime, somewhere they have given personal effort, and in accordance with immutable and ever operative laws of nature they have received their reward in permanent soul acquisition, and, incidentally, temporary, material benefits for themselves.

No achievement is possible, no unfoldment of the soul is possible without labor, without effort; indeed there would be more justice and equity in economics if labor could be established as the measure of all values.

He who has acquired knowledge, and wisdom, and power, is under a personal obligation rightly to use and disseminate them. These acquisitions can not be used for purely selfish purposes, they must be used for the highest good, and to attain soul unfoldment.

Thus we see we can not deplete our stock of knowledge and wisdom, for the more we give the more we receive. The man who is always striving to take advantage of his neighbor is never a benefactor to the race, however much he may advertise his charities.

"Forever from the hand that takes one blessing from us, others fall; and soon or late, our father makes his perfect recompense to all."—Whittier.

INDUSTRY

When we read of the achievements of men and women who have helped to make history, and who have brought into manifestation many great constructive ideas for the benefit of mankind, and when you look around and see the wonderful achievements of your contemporaries—men and women of our own time who have done and are doing things to help make this world a better place in which to live—do you for one minute believe these accomplishments have been the outcome of accident or chance?

Or do you have a mental picture of diligent study and application of efficiency methods which have contributed to their success and brought them fame, fortune and all that the world can offer?

If all of us could and would keep a record of the time that we wasted in doing nothing at all or in doing trivial things, doubtless most of us would be amazed at the amount of time we have frittered away.

If you are gifted with genius or talent, you should be unusually industrious; you owe it to God and society. The man without genius who works will accomplish much more than the one with genius who will not work.

Attainment in any field of endeavor is impossible without labor. If you commence life with only moderate ability, industry will overcome every obstacle.

Demosthenes had an impediment of speech and other deficiencies, yet, by continual practice and industry, he became one of the world's greatest orators. D'Israeli, who afterward became Lord Beaconsfield, made an utter failure of his maiden speech; he was ridiculed and laughed at, but did manage to say: "Some day you will be glad to listen to whatever I have to say." By diligent study and industry he made good, and finally became Premier of England.

"In every rank, both great and small, it is industry that supports us all."—Gay.

IDLENESS

Activity is the law of the universe. Whenever we infringe this law by living in a state of lassitude, inertia, laziness or idleness, we must inevitably pay the price.

Everything in the universe is in a constant state of motion, and when we are, seemingly, perfectly still we are traveling around with the earth's surface, and at the rate of more than 1,000 miles per hour. At the same time we are traveling around the sun every 365 days at the rate of 65,000 miles per hour.

We are continually traveling through endless space at these inconceivable speeds; everything is whirling; everything is spinning; everywhere is energy. Even in a piece of mineral, a bar of steel, or any other so-called solid material there is constant motion. There is no such thing as idleness anywhere in nature.

Our earthly existence is at the best but a few years, but these afford us ample opportunity for growth, development and unfoldment.

Activity may sometimes lead to something undesirable, but idleness can never lead to anything good. Those who are wisely employed are seldom miserable, but idleness breeds discontent and misery. If one has only little to do, it often leads to procrastination, and even that little is often neglected; whereas, those who employ their time with some degree of system always find ample time for the accomplishment of everything they desire to do.

A beneficent Creator has given man this planet, with mineral wealth of all kinds; trees, plants, vegetables, soil, sunshine and rain that will produce a lavish abundance of everything that could possibly be needed by man to make life comfortable and happy if everyone were properly employed under a sane economic system.

"The way to be nothing is to do nothing."—Howe.

"Absence of occupation is not rest; A mind quite vacant is a mind distressed."—Cowper.

AIM

An indecisive, procrastinating, vacillating, lazy person rarely ever accomplishes anything. Every person should have a definite aim; a positive goal of attainment. Without some definite purpose in life one seldom amounts to anything.

Before you can hope to bring into your experience the thing or things you desire you must first know exactly what it is you desire, and then build up little by little a perfect picture of what you want, for everything must first be born in mind before it can come out into expression. If you will inject into this mental picture strong desire and positive will, you will have set into motion a force or power that will soon bring into manifestation the thing or things you aim to accomplish.

Thought is not limited to the physical body or immediate surroundings. Persistent visualization of this mental picture will soon attract people that you need; you will receive helpful suggestions and opportunities will come to you from unexpected sources.

The forces you have thus set into motion will supply you with materials and opportunities for the accomplishment of your aims, but you must be always alert and ready to act. The aim of every individual should be to do all that they can in helping to make this world a better place in which to live; to perfect one's self and to radiate joy and happiness.

Aim at perfection in whatever you undertake, even though it often may seem unattainable. We may have lofty ideals and aims and high aspirations without entertaining a miserable and undesirable ambition that wears and tears the heart and wastes away the freshness of life, making us old before our time without compensating and sufficient recompense.

"Have a purpose in life; and, having it, throw into your work such strength of mind and muscle as God has given you."—Carlyle.

"What are the aims which are at the same time duties? They are the perfecting of ourselves, and the happiness of others."—Kant.

AMBITION

Business and professional men, financiers and so-called captains of industry often have a very narrow vision; greed, avarice, ambition and self-interest obscuring their sense of justice and equity. There is no ambition within reason that is impossible to any one who understands that a lavish abundance for every one can be had without trespassing upon the rights, privileges, prerogatives, possessions and obligations of others.

What joy and happiness would obtain throughout the world if men and women would always have an impelling desire to render a just equivalent for all of the benefits they receive from others.

Viewing yourself as an individualized expression of God, the absolute, then, as regards "you" on the one hand, and "nature" on the other, you can easily understand that you were the first receiver and nature the first giver. You receive from nature the soul attribute of consciousness by means of which you could acquire knowledge, wisdom, experience and power; but these should never be used for purely selfish purposes, but for the highest good, and to attain soul unfoldment.

You may have a consuming ambition to accumulate land and property, but in some manner you have been obliged to pay the price for every accumulation. The Scriptures say: "We reap what we sow." Ambition is a germ which should produce an intense desire to make the world a better place in which to live, and should not be used for purely personal accumulations. Ambition may be regarded as an incentive to the accomplishment of a great purpose and achievement.

All children should be taught to be ambitious of true honor, and the perfection and integrity of their own character. Ambition is such a spur to human endeavor and activity that, no matter how high we reach, we never are satisfied.

"It is by attempting to reach the top at a single leap, that so much misery is caused in the world."—Cobbett.

LOVE OF BUSINESS, PROFESSION OR VOCATION

When the time comes for boys and girls to leave school and go to work it usually happens that they have not been preparing themselves for any specific kind of work. Nor have they usually up to this time evidenced any particular talent in any special direction.

They go out into the world to seek employment and take whatever offers without any consideration of their love for, or adaptability to, the character of employment which they have undertaken.

No one can become interested in a business, profession or vocation he or she does not love. Love for a business generates abundant force to push that business. Love is the principle of the universe. Love never faileth.

When we love our business and need a new idea for expansion, for growth and good service, this idea becomes insistent in mind, and is brought into visible expression.

All expansion and growth in business, profession or vocation is first lived over and over in mind long before it comes into visibility.

If we love a plant it will respond to our affection.

If we love our business, one new idea after another for growth and expansion will be made manifest to us out of the unlimited storehouse of our subconscious mind.

When we stop planning for expansion and growth in our business it indicates that our affection for it is on the wane, and its death may soon become an actuality.

Higham says: "Quit the business that does not make you happy to perform it."

"We are shaped and fashioned by what we love."—Goethe.

BRAIN AND MIND

The human body is identically the same in all its parts as the body of other animals. The stomach, lungs, liver, heart, kidneys, digestive organs, etc., are exactly the same. The brain of a child, when it is born, is exactly as the brain of an ape or chimpanzee in its hemispheres, lobes and convolutions, but it remains so only a very short time.

To know how man is differentiated from other animals, and to know how he became a thinking, reasoning, talking animal is one of the most interesting and instructive of studies for man. This is made possible by the deep research and investigation of earnest scientific men. Mind is not physical. Mind can not be seen any more than a wireless message can be seen until after it is received by a wireless instrument. We see the manifestation of mind everywhere, but very few know anything about how mind is related to brain and its action upon every atom of the human body.

These discoveries, a celebrated physician declares, have all been made within the lifetime of our own generation. Without the microscope scientific discoveries of all living textures would have been impossible. In 1838 it was discovered that all vegetable and animal tissues are made up of cells and the product of cells.

In 1861 an eminent French surgeon, Paul Broca, brought to the attention of the medical world the fact that he had discovered the seat of speech, which he located in the convolution called the third frontal. There was much discussion and antagonism of this theory until about 1865, when the medical world accepted it as a demonstrated fact, and called it "Broca's convolution."

Up to this time human beings had a vocabulary and speech, but the medical world could not account for it. The capacity of the brain is unlimited, and it may be increased in quantity and quality. The left side of the brain is impressed by a right-handed person; conversely the right side of the brain is impressed by a left-handed person.

LIFE, INTELLIGENCE, POWER

Life, intelligence, power, can not be seen, but we can look around and see their manifestation everywhere—in the vegetable, mineral and animal kingdoms—and we see them marvelously manifested in man.

Luther Burbank says: "This universe is not half dead; it is alive all over; everywhere."

People, animals, trees, plants, etc., often seem to be dead, but in fact, they are only asleep; life, intelligence and power being temporarily in abeyance. I have been informed that a lady in our city has recently grown a small quantity of wheat from seed that had been asleep for about 5,000 years in an Egyptian pyramid.

Scientists have reduced all matter into molecules, atoms and electrons. In the "Riddle of the Universe" and "The Wonders of Life" Haeckel says: "Plant and animal life have 'sensations' and 'responses' that reveal themselves in chemical affinity." To follow the scientists in their investigations of the elementary germ life reads like a fairy story.

The most minute particles seem to have likes and dislikes, loves and hates, attraction and repulsion. Electrons manifest in the physical body as cells. Plants absorb the minerals of the earth. They are then converted into plant cells; we eat the plants and these are converted into the cells that go to make up our entire physical body; they form into different groups and combinations; they must have nourishment, and exercise choice in regard to such nourishment.

Comparatively few people have an intelligent understanding of proper food combination; they put into the stomach food without any knowledge of how it will affect different parts of the body, and then expect to enjoy good health.

"He most lives who thinks most, feels the noblest, acts the best."—Bailey.

SCIENTIFIC LIVING

It is absurdly foolish to think it is an easy matter to convert men and women into the habits of right-thinking and scientific living after they have reached maturity and acquired other habits of thought.

Continuity is impossible without concentration. Many people never try to control their thoughts. Life is made up of a bundle of habits which we ourselves have acquired, and, inasmuch as we can be master of our thoughts, and thoughts are things, we can master circumstance and situation.

There probably are 65,000,000 to 70,000,000 men and women and 35,000,000 to 40,000,000 children of all ages in the United States, and, while it would be impossible to change the thought and convert a large majority of men and women to habits of right-thinking and scientific living after they have reached maturity, it ought to be easily possible by right methods of instruction during their school period to train every boy and girl in the United States in the habit of right-thinking and scientific living.

I feel convinced this character of instruction would bring about such improvement in our national life within 10 or 15 years as to be surprisingly wonderful. I believe this much-to-be desired consummation could be greatly accelerated by the concerted effort of mothers' and teachers' clubs. Our schools of all kinds, including colleges and universities, are today teaching many things which will be discarded in the near future.

Boys and girls of today become men and women in a few years, and will be obliged to take on all the responsibilities of life; hence, what they study and assimilate during their school period is of the utmost importance. Children should be instructed in laws which insure health, happiness and prosperity.

"The most we can get out of life is its discipline for ourselves, and its usefulness for others."—Tryon Edwards.

OCCUPATION

The importance of selecting a suitable occupation, one in accordance with a season's natural endowments, can not be over-estimated. All efficiency engineers, all character analysis and all true psychologists know that the world is afflicted with a preponderance of misfits.

Thousands of earnest men and women have devoted their lives to deep scientific investigation in every field of endeavor, in every direction of thought. The records of their achievements are easily available to every one.

It is indeed strange that in this age of enlightenment more attention is not given to placing boys and girls, men and women, in occupations that may enable them to use, for the benefit of mankind, their innate God-given potentialities. If there be any doubt in the minds of parents about placing their boys and girls in the right occupation, then for the ultimate good of their offspring and society they should consult an expert character analyst, for it is asserted the formation of the head indicates the inherent mental characteristics and the face reveals the active qualities which have been in control.

In the United States there is no excuse for any one remaining in ignorance or in an undesirable environment, for everywhere there are excellent day and night schools and it is estimated that more than 500,000 men and women are striving to improve their condition by means of correspondence schools.

Be specific; select some definite profession or vocation, and always keep before you a mental picture of what you intend to accomplish; permit nothing that will cause delay in reaching your objective to turn you aside.

Someone has said: Care is a sad disease, despondency a sadder, and discontent the saddest of the three. If we wish to be cured of all these together, next to seeking the divine support, the prescription is occupation."

LEISURE

"Leisure for men of business and business for men of leisure would cure many complaints."—Mrs. Thrale.

Spare minutes are the gold dust of times; the portions of life most fruitful in good or evil; the gaps through which temptations enter. For the past seven years I have had much enforced leisure because of blindness. I do not consider this seeming limitation an affliction, for it has been a period of mental and spiritual growth. It also affords me an opportunity to demonstrate eventually that, as all things are produced by thought, all things can be changed by thought.

As a tiny seed pushes its way up through a heavy clod of earth, or splits a rock in twain, so the seed of truth which I have planted in my consciousness will at some unexpected moment be manifest as perfect on the objective plane as it is already perfect in my world within.

We can find compensation in every adversity or seeming affliction. We are continually receiving and re-presenting God's ideas. If we have practiced concentration we can examine and analyze these thoughts to discover if they have any present utility or value before dismissing them or transmitting them to the subconscious region of mind that they may be available to us at some future time.

History tells us: "Every Egyptian was commanded by law annually to declare by what means he maintained himself, and if he omitted to do so or gave no satisfactory account of his way of living, he was punishable with death. This law Solon brought from Egypt to Athens, where it was invariably observed as a most equitable regulation."

How would such a law affect our young men and young women of today

"The more we do, the more we can do; the more busy we are, the more leisure we have."—Hazlitt.

EVOLUTION OF MAN

One of the characters in Bulwer Lytton's book, "The Coming Race," said to another: "Be humble, my descendants, be humble, for your ancestors were tadpoles."

Whether or not our ancestors were tadpoles does not signify, for the most wonderful day in the history of the world was the day on which the first human child was born. However many æons of time men and women have been on the way in their evolution, they now have arrived at their present state, and can never retrograde. There is something within each of us pushing us on. We hunger for wisdom, knowledge and achievement.

Man has interpreted many laws of nature, and this has enabled him to bring into practical objectification marvelous creations for the benefit of the race. Man is versed in the arts and sciences; knows about hundreds of external things, but comparatively few men know anything about the abode of the real man, the spirit within.

The more man knows about this abode, this place of habitation of the spiritual man, the more harmonious will be his environment, the more prosperous will be his undertakings.

In Proverbs we are told to get wisdom, and with our getting get understanding.

The most wonderful system in the human body is that over which the power travels that enables us to manifest thought, hearing, speech, sight, touch, taste smell, breathing digesting, assimilation, and to move about in any direction. Indeed, everything that affects the human body involves the nervous system, which is similar to a wonderful telegraph system, equipped for wireless communication, as well as by the usual wires.

Scientists tell us that fear, anger, hate, resentment and other wrong thoughts incite a higher temperature, affect the stomach and liver, and have a pronounced effect on other organs of the body. We all know how these undesirable attributes affect the disposition.

CAUSE AND EFFECT

Prof. Herbert says: "The common supposition that the material universe and the conscious beings around us are directly and indubitably known and constitute a world of 'positive' fact, is an entire mistake, based upon astonishing ignorance of the essential limitations of human knowledge."

There are things that everybody knows. We know there can not be an effect without a **cause**. We know that man did not make himself; hence man is an effect, and the first cause is commonly called—"God, by the Christians," "Jehovah, by the Jews," "Allah, by the Mohammedans," and each religious sect gives the first cause a different appellation.

There are many things we assume to know, but must frankly admit that we do not know. We have never seen them, experienced them, nor demonstrated them. There are many things we believe, but could not prove them to be true, because they do not come within the limit of our personal knowledge; hence, we do not actually know them.

Human beings formulate concepts, and many superficial thinkers accept them as true, but could not prove their tenability.

Psycho-analysis is comparatively a new science. It was introduced by Sigmund Freud of Vienna, but is too abstruse for the average psychological student to understand. It is destined to be of inestimable value to the human race; to scientists particularly in the diagnosis of mental troubles, prenatal influences and repressed impulses.

Nearly all ailments can be traced by a psychoanalyst to a perverted mental condition. As before stated, there can be no effect without a cause from the simplest to the most complex. An expert psychoanalyst often can find the cause when other methods fail, and then elimination of the trouble becomes comparatively easy. There is a cause for every dream, and a psychoanalyst can interpret dreams, however unreasonable or foolish they may seem to be.

HABIT

Someone has said: "Habit relieves one of decision in small matters and thus simplifies life."

It is estimated that about 90 percent of all our actions are those which have become habitual. Comparatively few people do things in moderation. If they have acquired the habit of moving-picture shows, theatre, cards, gambling, smoking, using profane language or any other habit, they are very apt to lose all sense of discretion and run to excess.

When we impress upon the sensitive plate of the subconscious mind a perfect cinema picture by reiteration it becomes a habit, and the subconscious is always urging or impelling us to do these things, and to do everything that has become an acquired habit in the same manner all the time. If you will observe, you will probably notice that you always put on a particular shoe first, or your left or right arm into the sleeve of your coat first. So it is with everything.

Make sobriety a habit, and intemperance will be impossible; make prudence a habit, and indiscretion will vanish. Impress upon a child the habit of truth and respect for the property of others, teach him to abstain from all acts of improvidence which may involve him in trouble, and such a one never will be found guilty of lying, cheating or stealing.

If a person has acquired an undesirable habit it is useless to try to press a reform upon him or her until the picture of the old habit has been wiped out and supplanted by a desirable one.

Man is a bundle of habits of action, speech and thought.

There is not a quality or function of mind or body which does not feel the influence of this law of suggestion and reiteration.

"We first make our habits and then our habits make us."

"The chains of habit are generally too small to be felt until they are too strong to be broken."—Johnson.

ADVANCEMENT

Advancement in any direction always begins in the mind.

The rag-picker, the laborer, the mechanic, the clerk, the small business man, will never rise out of their present environments until they have a mental picture of something higher to which they wish to attain.

Thought is the motive power that drives the body to action.

We think first, then we act.

If we continually entertain thoughts of self-depreciation and think and say "I can't do this" or "can't do that," the people accept us at our own valuation, and let us remain in whatever environment we happen to be.

But, on the contrary, if we feel the urge of our soul for higher achievement or desire, it is a sure indication that the thing which we desire is attainable if we hold to the mental picture, work, and have faith in ourselves.

No one need remain in a subordinate or in an inferior position. You can make no advancement unless you first picture the advancement in mind. In other words, you must have a positive goal of attainment, and when that is reached, plan a still higher goal.

The great merchant, the captains of industry, the big financiers, indeed all who have accomplished anything big, have planned and lived in this thought months, and possibly years, before reaching their goal.

Set for yourself some definite goal, study and work every day to advance toward this goal; allow no one or anything to turn you aside.

"Men must be taken as they are, and we neither make them nor ourselves better by flying from or quarrelling with them."—
Burke.

MOOD

Whatever our work may be its quality is largely dependent upon our mood.

Mood is defined as "temper of mind, State of mind, passion, disposition, sometimes temporary caprice, whim, freak, a state of mind with reference to something to be done or omitted."

Almost everyone is at times dominated by a good or bad mood.

A mood may be happy, joyous, inspiring, ambitious, confident, constructive or criminal. A mood may last only a few minutes or it may last a long time.

A mood, whether good, bad, beneficial or injurious, by frequent repetition, becomes a permanent habit—hence, moods can be weeded out or cultivated.

An undesirable mood may result in much misery and unhappiness, and its reflection may be observed not only in all that one endeavors to do, but its effects also are noticeable on all the members of a family, employees or associates brought under its sway.

I have in mind a large business institution whose managers have for years cultivated undesirable moods, and I believe it is safe to assert that these undesirable qualities are reflected in every employee of this concern, and are manifested in greed, intolerance and discourtesy. Is it not presumable that these unhappy states of mind, or mood, may be carried into the homes of every one of the employees and bring about much more misery and unhappiness?

In concluding this article the best thought I can give you are suggestions by F. C. Haddock.

"Whenever a contrary thought or opposing mood appears, treat it as absolutely false and certainly temporary. You can in this way discount and disorganize any depressing mood of life."

"Resolve to banish wholly out of your life all brooding over misfortune, all worry about the future, all depressing comparison with others."

OUR DUAL NATURE

Man is not what he seems to be. St. Paul says: "There is a natural and a spiritual body."

During our waking hours we are using our natural body.

During our sleeping hours our spiritual body is wide awake, alert and busy.

Sleep is for the rest and recuperation of our physical senses, but when we are asleep or in a deep meditation or concentration, our spiritual senses are then wide awake and keenly alert.

At such times we are in tune with the Infinite, the all-inclusive mind of which we are a part, an individualized expression of that mind, and at such times we need not be surprised at any wonderful new idea that may come to us, for all ideas are born within, and come outward for expression.

The conscious thought we hold before we go to sleep is of the greatest importance.

We should not enter into the sleeping state with any kind of destructive thoughts, such as worry, hatred, resentment, pain, sickness, disease, but on the contrary should endeavor to relax our entire body, become perfectly passive and fix our attention upon all that is good, noble and constructive; and if we desire any special thing to come into our experience we should then realize that the thing we greatly desire, whether it be health or material possessions, that these things are already ours in the spiritual realm, and the Spirit can bring them into outward manifestation.

"If we hold 'Health, Happiness and Prosperity' in our consciousness, these will be manifested in our experience."

ENERGY; ITS DISSIPATION AND CONSERVATION

There is no machine of human contrivance that is comparable with the mechanism of the human body. There is no machine man uses that is so neglected as the human body.

In countless ways man is dissipating energy which, if conserved, would carry him easily to greater achievements and at the same time enable the various parts of the body to function perfectly as nature intended.

When we arise from our bed in the morning we commence dissipating energy by lack of system, resulting in many unnecessary steps and movements. We can not move a finger or any part of the body, or entertain thought, without using energy, and if this energy is employed in trivial and unwise action it is expended to no purpose.

Strength in the body is first generated in mind, for, remember, we could not get out of bed and the body would fall in a helpless heap to the floor without conscious or unconscious thought.

It is not the energy that is properly employed in any kind of work that exhausts the body and makes one look old and careworn, but rather a state of mind, for if we accept each duty with a thought of love and gratitude that we have the strength to meet every requirement, the body would not feel depleted and exhausted, but would be all aglow with life and energy.

The lungs, heart, stomach, circulation and all other organs function according to our state of mind. If hate and resentment enter into our work, this will be reflected in impaired functioning of some part of the internal mechanism.

Study how to conserve your energy; it will pay big dividends in health, happiness and prosperity.

"There is a dissipation of thought and feeling, as well of bodily energies."

IDEALISM

We often hear it said; "Oh, he is an idealist," or "that is idealism," as if that attitude of mind was either idiotic or criminal. Criticism, condemnation, recrimination and vituperation are not constructive, but are much in vogue.

If we wish to build a skyscraper it may be necessary to pull down several old buildings. Just so it is with matters governmental, social and economic. It may be necessary to tear down and weed out a lot of old traditions that do not fit into the present time. We all know that there has been during the past 100 years the greatest advance in art, science, invention, of any period in history, but if anyone makes a specific suggestion to do something that would better the conditions of individual man, woman or society as a whole, he is called an idealist, as if that was the worst thing that could be said.

Should not as much thought be given to bettering the condition of men and women as of hogs and cattle? If you had a very sick child and your physicians were unable to diagnose the case, you could not send to Washington and receive help; but if your hogs or your cattle became infected with some unknown disease, you could wire Washington and they would send an expert to you at once.

Every individual should have an ideal and continually hold a mental picture of that ideal till the goal is attained. So should society and official government at Washington have very high ideals for men, women and children.

When these ideals have been reached, entertain still higher ideals and cast out old traditions not in harmony with the present time.

"A large portion of human beings live not so much in themselves as in what they desire to be."—Whipple.

RESISTANCE

Resistance has been practiced by all people from time immemorial. I apprehend that in the ultimate it has been more harmful than beneficial. Resistance creates antagonism, and antagonism is not conducive of harmony.

We meet resistance in the family, in the business world, and everywhere. Each time we overcome a desire for unwise resistance, antagonism and resentment the atoms are registering for us, and we find each succeeding effort much easier.

Benjamin Johnson is responsible for the following true story:

"A young woman who had much talent, but yet was discouraged because she was obliged to use all of her earnings for the support of an invalid mother and an inharmonious family, had grown weary of the struggle, and the antagonism she evinced toward almost everything and everybody was manifesting itself in her features.

"She commenced reading psychology, and was instructed by her teacher to practice deep breathing and affirm many times each day, 'I am Harmony,' 'I am Success,' 'I am Health.' She was also instructed to practice smiling while standing before a mirror five minutes morning and evening. In view of her inward mental state this practice seemed so ludicrous she even continued to smile when she went to breakfast, and naturally her mother wanted to know why she was smiling.

"During the morning her employer found much fault with her work, but, nevertheless, she continued to smile. In the afternoon he again burst into a severe criticism of her work, and again she smiled and said: 'Very well, sir,' although she did feel an inward resentment. As she was leaving the room he called her back, shook hands with her and said, 'I have been watching you for several weeks, but doubted your diplomacy to meet my requirements; now that I have tried you and see that you refuse to lose your temper I know you will do, and I want you as my private secretary.'

HARMONY

In the above article I gave a concrete example of how the law of non-resistance operates. So many people think only superficially. It ought to be apparent to any thinking, reasoning mind that the cultivation of poise, serenity, tranquillity, unruffled temper and disposition would eventuate in harmonious surroundings and conditions, for each individual is responsible for his or her own mental condition.

We are so often inclined to blame others for our own failures. If we fritter away our time and opportunities instead of developing our divine potentialities, why assume an attitude of resistance toward every undesirable circumstance and environment

Get right within and your outward world will image forth the seed of harmony and prosperity which you have planted. A grain of corn planted in good soil and properly nurtured by water and sunshine cannot bring forth anything but corn in abundance; so it is with every good thought you plant in your consciousness.

There are in reality no new ideas. Man is always receiving and re-presenting God's ideas.

"A great thought is a great boon, for which God is to be first thanked, then he who is the first to utter it, and then, in a lesser, but still in a considerable degree the man who is the first to quote it to us."—Bovee.

Man is inclined to discredit things which have not come into his personal experience, and say this is theory and will not work in practice. In the industrial world we see resistance in operation everywhere, eventuating in misery, unhappiness and economic loss beyond computation. The employer resists the employees and the employees resist the employer. This should not be. Justice and equity is possible, not through resistance, but by the elimination of greed, avarice and ignorance. Try the law of Love.

If ye do not love your brother whom ye have seen, how can ye love God whom ye have not seen?"

LIVING IN THE PAST

There is probably no person living who cannot look back and find very many things in the past to regret.

Can you derive any benefit by living in the past? If you have any regrets or sad remembrances, can it do you or any one else any good to dig them up?

If you want to grow old and feeble, live in the recollection of sad remembrances. In mind visit the scenes of your youth and continually live over incidents of the past. In so doing you are impressing upon your subconscious mind the thought of old age, and this thought is reflected in your features and in every part of your body.

As the people of this world measure time, you may be 60 or 70 years old, but in actuality you never are more than 9 months old, for every cell of your physical body is born, grows, matures, reproduces and passes away within 9 months.

Every cell of your body is intelligent, and inherits from those cells that have passed away the mental pictures which have been impressed upon them. If these pictures have been thoughts of old age, rheumatism, heart trouble, lung trouble, or any other kind of trouble, the new cells will work faithfully, industriously and intelligently to reproduce these undesirable conditions or thought pictures.

We are similar to a wireless station. We are receiving instruments for thoughts that are vibrating through the cosmic ether and often receive unconsciously destructive thoughts.

God has given man dominion. Man is the arbiter of his own fate. Man has the power to reject every wrong thought the moment it presents itself and bring into his life and experience those things which he desires.

"Dare to do something new! Dare to do the unheard-of thing! Get out of your old rut."—J. P. Green.

LIVING IN THE PRESENT AND FUTURE

St. Paul says: "Forgetting those things that are behind, and reaching out unto those things that are before, I press toward the mark," etc. We can commence this day, this hour, to throw off the past and live in the present and future.

The business man thinks of and plans his business for the present and the future. His thought is for improvement, enlargement and progression. This thought is the force that brings these things into visible expression. If he is successful or unsuccessful he is working in alignment with immutable laws that are ever operating, although he may not have any knowledge of these unseen forces that are working for or against him.

Back of every effect is a cause, whether it be expressed in or on our bodies or in our daily affairs.

If a person wishes to become an authority he should study everything possible that might increase his stock of knowledge in respect to his profession or vocation. Just so it is if we wish to make the business of living a success in every department of life we should study the science of Mind, for in the last analysis everything must come out of the invisible before it can come into visibility.

Thomas A. Edison is a living witness and gives unimpeachable testimony of what can be accomplished by introspection. It is said that when Edison has a problem to solve he retires to a room that is remote from all noise and confusion, and gives instruction that he is not to be disturbed, no matter how long he is in retirement, except that some simple meals be brought to him from time to time. By practice of meditation and concentration over a long period of years he has attained an unusual power of introspection. He declares he "woos nature," and affirms that if anyone will "woo nature" in this manner they will surely receive the answer to any problem.

"Boost yourself a little higher right now! Dare to be great! Dare to be just! Dare to be bold!—J. P. Green.

ASSOCIATION

Circumstances often force us into association with people who do not vibrate on our mental plane. If we are of a positive nature and know how to throw around ourselves an aura of protection we cannot be contaminated, no matter what the temporary association may be like.

I say temporary, because it will be as "The ships that pass in the night," we cannot remain in an undesirable environment when our soul is striving to come forth and express good. This soul craving may often lead us into association with people of low morals and strong animal instincts, but it is always for the ultimate good of some one.

Note how the Salvation Army workers and other Christian workers go down into the slums where vice and degradation are rampant. Why? Not because they enjoy such association, but with the hope that they may be the means of helping degenerates to rise out of the darkness in which they are submerged, and ultimately become good and useful citizens. If one thinks he is too good to go down and associate with his brother and sister on such a level for such a purpose, then he is under an hallucination.

Association with those on our own mental plane is always delightful and pleasurable, but association with those on a higher plane affords us an opportunity to assimilate more wisdom, to accumulate more knowledge.

When we associate habitually with vulgar and wicked natures and enjoy such companionship we become like them. On the contrary, if we associate with people of high intellectual attainments and virtuous characters, we are sure to profit by such models and examples.

"It is expedient to have an acquaintance with those who have looked into the world; who know men, understand business, and can give you good intelligence and good advice when they are wanted."—Bp. Horne.

"If you wish to be held in esteem, you must associate only with those who are estimable."—Bruyere.

COMPANIONSHIP

There is but one life in the universe, and this one life is manifested in countless forms and degrees of unfoldment. Every human being is an individualized expression of this one life, and has a divine right to live his or her own life in accordance with the urge of their own soul without the interference of any one else so long as they are obedient to governmental, state and municipal laws.

If we select companions at or below our own mental level we can gain nothing by such association; we simply encourage mediocrity. If we have any desire to rise to a higher sphere of activity and usefulness we must use the knowledge and power that we already possess, and we must cultivate the companionship of people of high moral character and lofty aspirations.

If one associates with ignorance, vice and temptations, because of inclination or preference for that kind of companionship, the price they have to pay is indeed appalling.

Quarles says: "Be very circumspect in the choice of thy company. In the society of thine equals thou shalt enjoy more pleasure; in the society of thy superiors thou shalt find more profit. To be the best in the company is the way to grow worse; the best means to grow better is to be the worst there."

The story is told of a young bank clerk who had a lovely young wife and beautiful home environments. On a certain holiday he was invited to attend the races with some friends. His presence at the race track was brought to the notice of the bank officials, and at the next board meeting he was discharged without references. For months he tried to secure employment, but in vain, and finally committed suicide. All because of having yielded to temptation for one afternoon.

"Be cautious with whom you associate, and never give your company or your confidence to those of whose good principles you are not sure."—Coleridge.

AFFINITY

No two persons are exactly alike. Yet there are in every city and throughout the world individuals and groups of individuals that are perfectly keyed and attuned to each other.

If circumstances forced us into association with individuals or groups with whom we are not in affinity we are uncomfortable, dissatisfied, miserable and unhappy. The old adage—"Birds of a feather flock together."

Brothers and sisters born of the same parents are usually different in taste and temperment; one desires and seeks the companionship of people of high morals and expansive ideals; the other is happy only in the association of people of low morals and no aspirations or ideals above that of animality. One is frugal, the other is prodigal. One hungers for wisdom and knowledge and rises to eminence and power. The other is content to go through life an ignoramus and in poverty.

Therefore, brothers, sisters and relatives are not always congenial and helpful to each other; they do not vibrate on the same mental plane and are more or less miserable in contact or association with one another.

Physical relationship is quite different from mental relationship.

Those who vibrate on the same mental plane with you are those with whom you are really in affinity. Every degree of mind unfoldment must associate with those of corresponding unfoldment or they will be unhappy; this is evidenced in our divorce courts. Every man and woman should be extremely careful when it comes to deciding whom they will take as a mate for life. Absurdly ridiculous as it may seem, an expert character-analyst could aid in establishing true affinities.

Misery and unhappiness would be reduced to a minimum if men and women would exercise a reasonable degree of caution before entering into the marriage relation. The betterment of the race largely depends upon scientific selection.

CONSIDER YOUR CHILDREN

Happiness and congeniality in the marriage relation are not dreams nor fantasies of a disordered imagination. Man often enacts laws that are unfair and unjust, and often fails to find ways and means for the execution of laws which he has enacted.

God's laws are immutable, unchanging, always operating in the life of every human being. Ugliness, deformities and tendencies to organic troubles come from transgression of a law of nature; this may be occasioned by pre-natal and post-natal influence, or by the infraction of nature's laws after reaching maturity.

Your thoughts are continually molding your character and body. If your thought is of a positive and constructive nature it will find expression in the manner in which you walk, talk and do things, and conversely, if your thought is negative, it will be shadowed forth in a vacillating character, and in either case your thoughts will be reflected in your offspring.

Suppose your parents have through ignorance, inflicted upon you by pre-natal and post-natal influence undesirable attributes of character and a tendency to organic trouble of some nature, you need not remain in this state, because the mind is in a continual state of unfoldment and the body is under a continual process of change.

The cells of your body never grow old; they are always renewing. Your mind can make you sick or well, strong or weak, happy or unhappy, attractive, or unattractive, rich or poor, according to the character of your own thoughts, and the influence of other thoughts acting upon you. Give your children the benefit of the new understanding and new unfoldment that have come to you.

Our happiness and the happiness of those with whom we associate largely depend upon the character of our thought; hence, how important it is that we should guard our thoughts.

HOME

"A hundred men may make an encampment, but it takes a woman to make a home."—Chinese Proverb.

It is very interesting to note how differently a baby man and a baby monkey develop and step out into life. In a few weeks the baby monkey is able to climb, chatter, eat, and be almost independent of its mother and environment, while the baby man must be housed, fed, clothed, protected and instructed, and for moral training continue by its mother's side for many years.

Home is the reflex of the combined thoughts of parents. The Scriptures say: "As a man thinketh in his heart, so is he," and it might truly be said, as the parents think, so will the children be impressed, for the child is much more susceptible to impression than one of mature years.

How much happier would be every home if only right thoughts could always be disseminated. Brothers and sisters do not all have the same taste, temperament and endowment. Parents should study the need of each child as it unfolds. The good or bad influence of the home is usually perpetuated. From a misgoverned and disordered home many go forth to make other homes unhappy and miserable.

If joy, kindness, consideration, happiness, service should radiate from every one in the home, it would be the dearest place on earth. A single bitter word may make the entire family unhappy for a whole day.

The class of people who disturb and distress the world are not those who are born and nurtured in happy homes, but those whose home life has been one of continual strife, contention and vituperation which made their life so distorted. It matters not whether the home be a mansion or a cottage if it be permeated with joy, gladness, love and smiles.

"To Adam paradise was home. To the good among his descendants, home is paradise."—Hare.

FACTS WORTHY OF CONTEMPLATION

Astronomers tell us that there are about 140,000,000 suns they know of. Around each of these suns revolve planets as large or larger than the planet upon which we live. They also tell us that the heavenly body called Canopus is more than 100,000 times larger than the earth planet and 1,000 bodies as large as the moon could be thrown into our sun and not begin to fill it. They also have been able to calculate the incredible and incomprehensible distance from our earth to the far-away planets and nebulae, and declare that light traveling at the rate of 16,000,000,000 miles per day would be 5,000,000 years reaching our earth planet from some of the most distant heavenly bodies.

They also tell us that the earth is 25,000 miles in circumference, and that it moves completely around on its own axis every 24 hours, or at the rate of more than 1,000 miles per hour. It also moves around the sun every 365 days at the rate of 65,000 miles per hour, and also has a continual rocking movement from pole to pole.

When we are seemingly perfectly still we are traveling in these various directions, and at these incomprehensible speeds we are whirling through endless space.

With inconceivable speed all around us everything is moving, everything is spinning, everywhere is energy.

With his powerful microscope man also learns about many of the most minute things of creation. He finds that a molecule is so small that it requires millions and millions of them to cover the space of an inch; yet an atom is many times smaller than a molecule, and within each atom there are thousands of electrons whirling and spinning all the time.

We are told that there are microscopic creatures so minute that millions of them exist in a single drop of water.

"I believe the earth upon which we stand is but the vestibule to glorious mansions, to which a moving crowd is forever pressing."—Joanna Baillie.

SOME REMARKABLE PHENOMENA THAT HAVE BAFFLED EVEN THE MOST PROFOUND THINKERS

The London Globe, of March 2nd, 1914, gives the following account of the calculating boy, George Bidder, who was in his prime between the ages of 12 and 13. For instance he was asked: "If the National Debt is 791,901,372 pounds, and suppose London to contain 1,000,045 persons, how many glasses of gin will furnish each person at $2\frac{1}{4}$ d. each in the above debt?" It will be noticed that, besides its arithmetical difficulty, the question is, probably intentionally, obscure in form. Yet this amazing child, in one minute, returned the correct answer, which is 69,115 glasses each.

"In three minutes he gave the correct reply to the question: 'Suppose the distance of Sirius, the Dog Star, be 32 billions of miles from the earth; how many years, days, hours, and minutes would a cannon-ball be traveling from Sirius to the earth, at the rate of twenty miles a minute, the length of the year being 365 days 6 hours?' We venture to say that very few of our readers, given pencil and paper, could work out that sum in less than a quarter of an hour; but this extraordinary creature did it in his head in the time we have mentioned. Bidder was also asked: 'If the National debt of Great Britain is 1,000,000 pounds of money, in 1 pound notes, each note measuring 8 inches, by 4 inches, how many acres of land will the notes cover; and if 1 oz. of rags will make sixteen notes; what weight of rags will it take to make the notes; and what will the rags cost at 8d. per lb.' If the fact was not so well attested, it would seem almost impossible to believe that in three minutes Bidder

replied: 'The notes will cover 5,101½ square acres, 3 square rods, 7 square yards, 2 square feet, and 60 inches remaining; and it will take 1,743 tons, 7 cwt. 26 lbs of rags; and the rags will cost £130,208 6s. 8d. George Bidder lived to be 72 years of age and became a civil engineer of much eminence.

No one has ever been able to explain: How does a dog or a cat find its way home, after having been taken away 100 miles by train? How does a carrier pigeon find its way home after being released, a distance of six hundred miles?

How do birds travel for many miles with no apparent movement of their wings? Why does a hen remain motionless when it is laid on its back and a line drawn away from its beak?

How is it that a serpent fascinates a bird or frog? How does a cat land on its feet when held just above the ground with its feet upwards? Why do cubs of wild animals, in moments of danger, obey the mother without a sound being uttered or a movement apparently taking place? How do ants convey to each other a whole series of instructions concerning places to be visited and work to be done, by merely momentarily touching each other's antennæ? To what were the wonderful powers of Emanuel Swedenborg due? What were the laws known and utilized by Daniel in the lion's den, and by his three co-religionists in the fiery furnace? Why do human beings stop growing in stature when they have reached maturity?

T. W. Hudson, Ph.D., LL.D., commenting on communication between ants, writes: First, that the sense of sight in ants is extremely limited; secondly, that they are destitute of sense of hearing; thirdly,

that they have some very complete and perfect means of communicating intelligence to each other, and bring themselves into physical contact with each other by means of their antennæ whenever an emergency arises requiring a consultation or necessitating the assurance of a command.

The question arises, is the sense of touch all that is necessary to enable them to organize and administer the complicated system of governmental policy to adjust social relations, to maintain discipline in war and enforce a division of labor in peace, to organize and maintain an army of defense, to discipline its forces and command it in action, to build bridges and construct pontoons and ferries for the passage of vast armies over vast streams otherwise impassible, to invade successfully the domains of foreign tribes and capture and enslave their inhabitants, and, finally, to inaugurate and maintain a system of slave labour vastly more successful, and, let us hope, more humane, than any that has ever prevailed in the history of mankind?

MEDITATION

If you do not know the meaning of meditation, look it up in the dictionary.

If a person has not acquired the habit of meditation very little can be accomplished.

Our intuition grows through the habit of meditation.

The silent voice of Spirit speaks to us through our intuition.

If we interpret correctly and obey the message it is trying to convey to us we can accomplish almost anything, and really wonderful things.

Inventors, scientists and all who desire to accomplish big things must acquire certain habits of meditation or they cannot find the answer to the problem that is obsessing them.

Suppose we wanted to bring forth something from beneath the surface of a lake or sea, we would be obliged to go below the surface for it; so it is when we wish to bring forth from the storehouse of wisdom and knowledge a contact is necessary with our subconscious mind, for it is our storehouse of knowledge. The answer to our problem is waiting to come from within, but it cannot do so until we make the demand in accordance with the law of our being.

We so seldom try to focus our thought. We allow our mind to wander hither and thither. At one moment it is in our home, at another it is at our office or shop, then wrestling with a difficult problem, then worrying over some trifle, and, in fact, engaged with more things in a minute than could be written out in one hour.

"Meditation has wonderful healing power. In meditation we are conscious only of the Infinite One and when our thought is

This is a tremendous waste of energy.

A few minutes' time spent in reverie and meditation is rest and recuperation for the mind and body. Then you are in tune with the Infinite and may receive a new and valuable idea.

The great forces of Nature are silent. It is impossible for you to discern much that is worth while when you are employing your mind in useless, wasteful, wandering thoughts.

If you happen to be one of this class do not blame any one but yourself for mediocrity, poverty or any other undesirable condition that attaches itself to you. Do not blame the Government, the so-called monopolist or capitalist.

Just blame yourself and determine to learn how to bring into your life whatever you desire.

This is not a dream; you can do it, but you must work in alignment with Nature's laws.

Suppose you commence right now. Drop this paper for a minute; relax your entire body, become perfectly passive and receptive. If your hands and feet want to move mentally insist that you are master of your body, and when you become perfectly still listen within for a message that may come to you; or, when you are in this state of meditation, in contact with your subconscious mind, ask for what you desire. The Scriptures say: "Believe that you have already received what you asked for and you shall receive." This is literally true.

wrapped up in that One, our whole being is flooded with new life and strength."—Swami Paramananda.

THE SUBCONSCIOUS MIND

There is no more interesting nor profitable study than that of the mind. Psychologists who have made an exhaustive study of the mind declare that there are three phases of mind, the superconscious mind, the subconscious mind, and the conscious reasoning mind. The subconscious mind has built and continually rebuilds every cell of the body. It does not reason, but it is the storehouse of all knowledge for each individual. It is governed by the law of suggestion, hence, thought is the power that impels it to action, and whether the thought be conscious or unconscious, if the sensitive plate of the subconscious mind has been exposed these thought pictures make a deep impression, and it always acts in accordance with these suggestions unless our reasoning mind denies and destroys these impressions the moment they come to the surface by re-directing the thought.

If the Divine plan were not interfered with by the erroneous thought of mortals the subconscious mind would always be directed and governed by the superconscious mind. If the subconscious mind was not sidetracked by the conscious, reasoning mortal mind, there would be no sickness, no disease, no pain, no misery, no deformities, and all earthquakes, cyclones and all disturbances of the ether, which pervades everything, would be eliminated, and harmony would prevail.

Knowledge of the mind and how it works may be found in the study of psychology and in the contemplation of our relationship to the unseen forces of the universe.

Every individual should learn how to make contact properly with the subconscious mind, for it is the key to all power.

"The subconscious is a vast, inner, silent world of mind back of and underneath the conscious, and between it and the super-

The subconscious mind controls the body. We could not get out of bed in the morning, take a step, make any movement whatever without the action of the subconscious mind.

It also controls our health, circumstances and environment.

Inasmuch as it is governed by the law of suggestion we should be extremely careful as to how we direct it, and protect it from receiving destructive impressions.

When we are interested in the reports of murders, divorces and deaths that are published in the newspapers, and give hospitality to any wrong thoughts, these impressions are made on our subconscious mind and may bring about undesirable conditions in our own life if not counteracted. Authorities declare that a large percent of our mental power is never used because our subconscious mind is very erratic when not properly directed.

The subconscious mind never sleeps. When we have a special problem to solve we can direct our subconscious mind before retiring to take charge of these matters and work them out, we may often find the answer ready in the morning by an insistent, intuitive suggestion coming to our conscious mind. Perhaps you will say: The mind cannot be seen, how do you know these things are true? Neither can the power of electricity be seen, but its manifestations can be seen. It has been observed that many illiterate persons under a state of hypnosis have been able to do extraordinary things they could not have done in their normal state, delivering the most profound discourses, and often speaking in two or three languages with which they are known to be unfamiliar.

conscious. It is the abiding place of intuition and the emotions."
—J. R. Rude.

DESIRE AND WILL

This subject is of such vast importance, and wishing to give my readers the best elucidation possible, I have, for this article, largely appropriated from a book, entitled "Mind-Power," by William Walker Atkinson. This book is now out of print. "Desire and Will are really the medium from which thought is evolved. Desire is a natural force and can be used, managed, controlled, and directed just as can be any other natural force. What we know as Will-Power is the positive phase of directed desire. Mind-Power includes the positive, forcing, impelling, compelling, driving phase called will as its motive pole, and as its emotive pole it has that attracting, drawing, pulling, luring, charming, fascinating, something that they call desire. It would be well to think of the Desire-Force as warm, ardent, fiery, forceful energy, underlying the manifestations of Mind-Power; and of Will-Power as the cold, keen, strong, directing, controlling projector of the energy. Will, not only directs energy, but often restrains undesirable Desire-Force. It often prevents one from expressing hurtful desires, and turns the desire back upon itself, refusing to allow it to manifest."

Thus, you see how important it is to **become** master of the Will. Our Will can repel the influence or vibrations of another mind and render its possessor immune to undesirable thought-waves. It creates a protective aura around the individual which will turn aside the thought-waves or vibrations which may reach him, whether such be sent directly to him or whether they are the vibrations emanating from the minds of others and unconsciously sent forth.

Each individual has an aura which manifests in a particular color or tint according to his or her vibrations.

Each color has its own meaning, dependent upon the degree of vibration, and the degree of vibration depending upon the spiritual or material feeling of the individual.

These color emanations are not visible to the average person, but the trained oculist or psychic can see these color vibrations as easily as the average person can see material things.

The aura of a person will affect those coming in contact with, or near him or her.

BLUE—is the vibrational color pertaining to spiritual feeling, and represents the various religious feelings and emotions, the shade growing lighter as the religious concept rises toward true spirituality. **LIGHT BLUE**, represents a high unselfish, spiritual feeling; a beautiful **VIOLET** representing the highest religious feeling; and a peculiar shade which may be called "**ULTRA VIOLET**" representing a spiritual unfoldment of a very high order. **YELLOW** is the vibrational color pertaining to the feelings and emotions associated with intellectual power, the shade growing clearer as the intellect mounts to higher conceptions.

A **DULL DARK YELLOW** is the color of the ordinary intellectual state, while the brilliant intellect shows itself in a beautiful golden hue. There is a shade still higher than this although most rare among the race, the shade of true **PRIMARY YELLOW** which belongs to those who have attained a high degree of true occult unfoldment—the spiritual illumined. The highest occult teachings inform us that the vibrational shade belonging to Spirit or the **ESSENCE OF BEING**, is a **PURE WHITE LIGHT**, of an unusual brilliancy. **ORANGE** which is a combination of **YELLOW** and **RED**, pertains to those possessing the pride of intellectuality, or intellectual ambition of a marked degree. **BROWN** is the vibrational color of passion in all its phases. **DULL DEEP RED** betokens the animal passions, and sensuality. A **DARK BRIGHT RED** betokens anger and hate—when mingled with **BLACK** it is anger or hate arising from malice or envy; when mingled with **GREEN** it relates to anger from jealousy or envy; when shown without the mingling color it denotes "fright" for some supposed right or ordinary cause. When this color is seen in the

shade of CRIMSON, it betokens a higher form of love, the shade becoming lighter and clearer as the feeling advances in the **scale of character**.

A gross selfish love shows as a **DULL CRIMSON**, while a higher form of love displays a clearer shade, terminating in a shade approaching a soft **ROSE COLOR** when the character of attachment is on a high plane. **GREEN** is a peculiar vibrational color, and betokens a number of odd phases of feeling and emotion. A peculiar **DULL DIRTY GREEN** betokens jealousy or envy. A **GREYISH GREEN** indicates deceit, which shade becomes clearer and brighter as the quality of the deceit rises in the scale. A **BRIGHT CLEAR SHADE OF GREEN** is seen when there is a manifestation of fact, diplomacy, politeness, adaptability, etc. **GREY** is a **negative** vibrational color which in its dark shades indicates gloom, depression, or melancholy, etc., and in a bright, clear shade indicates selfishness; and in a certain pallid shade indicates fear or terror. **BLACK** is the vibrational color of hate, malice, revenge, and similar states of feeling. There is also a **VITALITY VIBRATION** radiating from the living body—some prefer to call it nerve-force. These vibrations composing the aura of a person will affect those coming in contact with, or near him or her. One man approaches another and the degree of dynamic positivity of the first man is superior to that of the second, and we see, as we watch, that the coloring of his aura gradually interpenetrates that of the weaker man, and the coloring of the latter's aura gradually grows to more closely resemble that of the first man. The mental states of the first man are inducing similar feelings and emotions in the second man, by means of the currents of mentative energy that are flowing towards him. The first man making no effort to impress the second man, but being more positive his "magnetism" affects that of the other man and induces similar states. The second man "takes on the states" of the first man, as we may see by the change in coloring.

Simply a case of unconscious mentative induc-

tion. The second man moves on, feeling more depressed or elated, as the case may be, by reason of his contact with the first man, and also carrying away with him a little of the other man's general feeling, and "character."

The second man moves on and meets another man, he does not seem to be sending out such strong currents as the man first spoken of, but we see him acting out the impression made upon him by the first man, and unconsciously conveying these impressions to the third man. In the meantime the positive man has gone on his way, and comes up with another man whom he wishes to influence in regard to certain matters. If you were able to discern a color aura you would now see something interesting. The positive man's aura seems to be active, and great tongues of color seem to leap from it and lap around the other man the whole process resembling the action of tongues of fire. These tongues of Mind-Power wrap themselves all around the other man and some seem to scintillate as they manifest the action of fairly "pulling" him toward the positive man, while others seem to be beating upon him like a rain of tiny flashes of lightning—the one is the play of Desire-Force, and the other the action of Will-Power. This gives a good illustration of personal magnetism. As the action grows more spirited, you may see the Will-Power of the positive man darting out in straight, sharp flashes, like great sparks from an electric battery, and you may see the process by which he beats down, and neutralizes the Will-Power of the weaker man until he seems to exhaust it and take it captive, and the man acquiesces in the statements and demands of the stronger willed man. The positive man may not know a single fact regarding Mind-Power, but he has learned the process of affecting and influencing others, and bending them to his will and desire, although he is ignorant of the scientific explanation of the process. Every positive dynamic individual understands this instinctively, and his knowledge increases as practice gives him confidence *in himself.*"

CONVERSATION

To be able to converse well and interestingly is almost a lost art.

To be a good listener is as important as to be a good conversationalist. It is also indicative of good breeding and affords one an opportunity that should not be neglected for acquiring much information that may prove of real value. Then the person to whom you are listening always feels somewhat flattered.

A common vice in conversation is to put forward our own commodities instead of endeavoring to enlarge our stock of knowledge by attentively listening to others. It is surprising how many try to entertain others by recounting their own aches, pains and troubles.

Audible thought is the most powerful force in the universe; it may convey joy and happiness, or misery or suffering. We should be studiously careful as to the character of thought we send out, and always avoid wounding the feelings of another.

Avoid words which wound, and such phrases as "You know," "You see," "Do you understand?" "Don't you see?" Avoid slang, long arguments, talking of professions, repeating or monopolizing conversation.

Give others a chance. Do not stare, but always look directly into the eyes of those to whom you are speaking. To be able to converse well under all circumstances is one of the highest and most valuable of all accomplishments. It often means the difference between success and failure.

It is worth while for every individual to study the art of good conversation. A very little work each day will add greatly to one's stock of words with synonyms and antonyms. Conversation is a reflex of character.

"The language denotes the man; a course or refined character finds its expression naturally in a course or refined phraseology."
—Bovee.

OLD AGE

Old age is a race belief, for in fact the cells which constitute our bodies never grow old. The body is under a continual state of change. Each cell in our body is born, grows, matures, reproduces and wastes away, but never grows old.

Some scientists declare the body undergoes a complete change every 11 months.

The doctors vaccinate a child or an adult, and assume that the vaccination is a preventive for smallpox, but it must be renewed every seven years.

The subconscious mind is capable of rebuilding new cells in any part of the body, and if properly instructed will keep the cells always young and healthy. If it were not for our conscious mind, and the conscious mind of others, men and women would live indefinitely. Human beings do not give their bodies due consideration. They eat food in and out of season without regard to harmonious combinations that are needed to supply energy; clog and poison their system by eating too much, especially meat; drink too little water and do not take proper exercise.

Men can always have unfailling strength and permanent activity. Years always should bring wisdom, but never decreptitude. The achievements of so many of the world's greatest characters after they have passed the proverbial three score and ten should be a rebuke to those who adopt the cane habit and retire from active participation in affairs.

Humboldt composed his "Cosmos" in his ninetyeth year. John Wesley, at 82, in the midst of his activities, said: "It is 12 years now since I have felt any such sensation as fatigue," proves that old-age beliefs are illegitimate.

"Grow old along with me,—The best is yet to be."—Browning.

ANGER

Anger is one of the most destructive forces that men and women permit themselves to indulge. It is closely related to fear, but the conspicuous difference is that fear seems to be freezing or paralyzing in its nature, while anger is heating and consuming.

Some of the different phases of anger might be enumerated as follows: Rage, desperation, irritation, ill temper, resentment, animosity, rancour, hate, impatience, fury, wrath, pettishness, revenge, bitterness, displeasure, indignation, exasperation, detestation, annoyance.

Many circumstances arise in the experience of every one to excite anger, and doubtless the average man and woman has little idea of its destructive nature. No matter how great the aggravation no one is justified in indulging fits of anger. It never helps, but always hurts.

Rage, fury, hate, wrath and revenge are extremely destructive. They not only injure the one against whom they are hurled, but react back against the individual who indulges them by exciting trouble and disease of various kinds in the body. They are intensely consuming, and the action in the body is very rapid. Anger often results in complications which may bring misery and unhappiness into the lives of relatives and friends. The conditions resulting from fits of anger may continue throughout the life of all the individuals affected by it.

Pettishness, irritation, bitterness, resentment, impatience and ill temper are some of the more common forms of anger we meet in the home and in business life. These consume and destroy more slowly, but as surely as rage and fury.

The only remedy is to achieve mastery over mind and body.

"Beware of the fury of a patient man."—Dryden.

FEAR

The Scriptures say: "The thing I greatly feared has come upon me." Fear is one of the most destructive of all forces. Fear is instilled into us from the cradle to the grave. Mothers often project fear into the minds of their children without any thought of the ultimate consequences. If fear is impressed upon the subconscious mind of a child it becomes very tenacious, and often a man or woman feels ashamed of this fear later in life. Fear is always operated by another intelligence than that of the individual himself who is the recipient, but it arises in the individual himself and is a part of himself. Fear is of such varying degrees and shades that few people have an idea of its effects upon the emotional nature of men and women.

The following are some of the different phases of fear which affect human beings: Terror, dismay, despair, timidity, mistrust, shyness, alarm, horror, consternation, difference, solicitude, misgiving, suspicions, bashfulness.—T. K.

The phases of fear that take possession of so many and make their lives a burden to themselves and an affliction to others are: Dread, despondency, apprehension and anxiety.

We should all cultivate self-control. This is the only remedy. We should strive to rid ourselves of all sense of fear.

We must control fear or it will control us. Some people are afraid of almost anything, they are afraid of imaginary germs in the water they drink, in the food they eat and in the air they breathe. If we are free from fear we can walk right into any case of contagious disease with perfect safety.

"There is great beauty in going through life without anxiety or fear. Half our fears are baseless, and the other half discreditable."—Bovee.

MAN

Alexander Pope says: "The greatest study of mankind is man." But if the average man and woman have no conception of really what constitutes a man, and from whence he derives the marvelous power and intelligence which he manifests, how can they then properly study MAN?

We see man in all of his activities exercising marvelous power and intelligence; exercising dominion over everything upon the earth; invading the air, and bringing into outward expression marvelous inventions and achievements for the benefit of man.

Physiology teaches us that man is composed of 75 percent water and 25 percent mineral substances. This combination makes what appears to be real men and women, but this conclusion is erroneous and leads man into all kinds of inharmonious conditions. A chemist could assemble all of the ingredients which constitute physical man. He could make and form a complete replica of physical man, but it would still lack movement, power, intelligence and life. These no chemist can furnish. This chemist-made man could do none of the wonderful things which have been mentioned. From whence then comes the wonderful power and intelligence which man manifests?

When men and women undertake to run their own affairs and to pursue their various avocations without recognizing their oneness with the Creative Intelligence, Divine Principle, and that all right thinking, all right ideas come from this one Infinite source, then men and women will surely run themselves into all kinds of discordant situations.

We are thinking something all the time. A mind without thought would be a blank. We cannot keep wrong thought from entering our consciousness, but we have the power to reject every wrong thought the moment it presents itself, and the best method is to redirect our thought into some good channel.

"Show me the man you honor, and I will know what kind of a man you are, for it shows me what your ideal of manhood is, and what kind of a man you long to be."—Carlyle.

POVERTY

The poet Longfellow wrote: "God gives all things to industry," but in many cases this is untrue. I have in mind many people who have been very industrious all their lives, but yet remain poor. Much depends on your occupation and the class of work you select, for it is undeniably true that many kinds of work have limited possibilities.

It does not matter where you commence, so long as you have a determination to work out of an undesirable environment. Industry with no thought, brains or ambition gets nowhere. Industry with more brains accumulates a little capital and employs others to work for it.

The thought which you allow yourself to entertain and send out is the motive power that impels you to right or wrong action, shaping your course leading you to poverty or fortune. If you indulge poverty thought, you attract poverty.

If you walk two miles to save a nickel and are obsessed with saving small items, if in mind you always are seeing yourself growing poor, always afraid of losing money or spending it, you are putting out poverty thought, and will inevitably attract poverty.

If you hold yourself erect and feel the power that is within you; if you realize you are a man, and mentally insist that your present employment is only temporary; that you can and will attain a certain goal, and that nothing in this world is too good for you, because you are the image and likeness of God, you become a powerful magnet, and you surely and inevitably will draw to yourself the things you desire.

"Poverty is not dishonorable in itself, but only when it comes from idleness, intemperance, extravagance, and folly."—Plutarch.

THE NEED OF WEALTH

It is perfectly right and proper that every human being should have the best of everything he can afford.

If we hunger for an attractive home with beautiful grounds, furniture, pictures, music, and all that tends to elevate the standard of living, it is right for us to have these things, but we should earn them for ourselves and not covet our neighbors'.

We are an expression of the one Mind from which all things are derived; poverty, squalor and degradation are not in harmony with this all-inclusive Mind. When we work for an accumulation of wealth that will enable us to surround ourselves with beautiful architecture and beautiful things, it is a sure indication that our higher and more refined self is calling out for and demanding these things.

It is pitiable that the social and economic conditions so often force us to consider the cost of things which our soul hungers for. The accumulation of wealth usually has a refining influence, and affords us more leisure for the study of literature, art, science, travel and recreation. There is no merit in continuing poor, even though our life commenced in an environment of poverty.

Skilled and unskilled labor are now receiving unusually high compensation for services, yet I doubt if 5 percent of them are actually accumulating wealth.

There are immutable laws that lead to the accumulation of wealth, and if we are unwilling to look for and obey these laws we have no one to blame but ourselves.

How would production, distribution and big constructive ideas be put into execution if no one accumulated wealth?

We should not find fault with the so-called capitalists, but determine to join their ranks and become one ourselves.

"The greatest humbug in the world is the idea that money can make a man happy. I never had any satisfaction with mine until I began to do good with it."—C. Pratt.

PHRENOLOGY, PHYSIOGNOMY AND CHARACTER ANALYSIS

I once asked a prominent physician what he thought of Phrenology? He replied: "It was all nonsense—that no one could tell what was inside of a pumpkin by looking at the outside." His answer shows how one-sided and superficial many people are, and how they simply push everything aside as worthless, or theory, with which they are not familiar.

Because a man requires a large size hat does not prove he has a more efficient brain than a man who wears a small size hat. It is a well-authenticated fact that many illustrious men who helped to make history had brains that weighed far below the normal. Brain can be increased in quantity and quality. Dr. Orlando E. Miller, in one of his psychological lectures asserts "that it is as easy to grow brains as carrots." If any one is sufficiently interested, and will take the time to study the differentiation of human heads, and also the heads of many of the lower order of animals, I think they would finally be willing to grant that the brain is the organ of the mind. You can develop any faculty of the brain, or all of the faculties, by concentrating on them for a few minutes daily, and by making a constructive affirmation. Mentally picture each faculty enlarging in quantity and in quality.

No one who has made an intelligent investigation can deny the fact that there is something manifestly wrong in our social and economic system. I apprehend the greatest cause of unrest and unhappiness that obtains throughout the world might be summed up as ignorance and inefficiency, resulting in misfits everywhere. Children do not receive a sane and proper education, and after they leave school to go to work they usually are obliged to take whatever work they can find, or offers, without any consideration of their natural endowments or fitness for the work they are undertaking. There is no scientific method of placing boys and girls and men and

women in rightful occupations. This produces a nation of mediocrities. See what some authorities have to say in regard to Character-Analysis.

Prof. Alfred Hubert, of London, England, says: "There are three types of heads—the square head, the egg-shaped head and the round head. The square head is methodical, unimaginative. The egg-shaped head is brainy. The round head is invariably the best organized and the most vigorous hustler.

Dr. Clinton E. Achorn, of New York City, commenting on Professor Hubert's three types of heads, said: "I quite agree with Professor Hubert, and I believe that half the failures in the world are due to the fact that many people do not consider the shape of their head and the type of work that they should do in accordance to that shape. Take, for instance, the successful business man, and you will nearly always find that he has a square head. The genius, the man or woman with imagination, the creative workers, actors, musicians, inventors, and nearly all brain workers have an egg-shaped head. You will notice that the brain is very largely developed while the lower part of the face tapers down almost to a point as a pear or an egg. Then there is the round head, or 'very vital' type. He is the man that makes an excellent boss, therefore is an excellent organizer, and capable of getting the best out of other workers. We might divide the workers of the world (this means both men and women) into three types—those who work with their heads, and those who work with their hands, and those who direct the work of the other two. Where you find an egg-shaped head doing work with his hands, you will find a very discontented, unsuccessful person. He was meant to work with his head, and when he finds himself, owing to conditions or parental powers, doing any other type of work, it goes against the grain with him. And, of course, it is just as hard for the square, methodical, commonsense head to do any form of creative work. Employers all over the world are now paying expert character-analysts to judge the proper types of men for the work they

have to do. Experience has taught them that this saves both time and money. They have learned that 'as a man thinketh, so are his head and face.' Of course, the formation of the head indicates the inherent mental characteristics, but the face reveals the active qualities that have been permitted to control." Dr. Achorn says he has examined hundreds of men in factories, business concerns and various agencies, and always considers the features after examining the shape of the head. He also says he finds the man or woman with receding chin is quick, while those with long, pointed chins are decidedly stubborn. A large nose usually means energy, while persons with little flat noses are apt to be lazy. Receding foreheads belong to practical persons; a straight, flat forehead usually belongs to slow-thinking, careful persons, and make excellent business types, fitting right in with the square-headed, methodical type you see. But the person with a large bump in his forehead or a decidedly egg-shaped head is a thinker, a dreamer, philosopher and creative worker.

Then aside from the fact that it is essential for employers to study types of men and women they employ, it ought to be vitally essential that parents consider the shape of their children's heads before they say so decidedly. "My oldest son shall be a lawyer, my daughter a school teacher, and my baby a business man." Brothers and sisters do not all have the same shaped heads, some inheriting their physical traits from the mother, others from the father and his side of the family, and many times the very child parents desire to have enter the business world is the youngster with the egg-shaped head who should be sent to college. Even the child of five or six has a well-developed head which can be classed in one of these three types, and it is decidedly up to the parents to fit him with the training his head suggests if they want a successful, happy offspring who is in his proper sphere.

Mr. Balkin, an expert character analyst of Boston, Mass., says: "Many a career has been spoiled, many a whole life misshapened, because of the well-

intended but unintelligent ambition of a **parent for** a boy or girl. Such ambitions waste millions of dollars every year; waste thousands of lives; deprive the world of good service it needs; inflicts it with poor service and loss which it cannot afford."

Mr. Balkin says: "The boy who would make a splendid engineer is lucky if he escapes starting his business career in a bank because of the supposed gentility of banking. The natural-born farmer goes through life a half-successful salesman because he happens to be born in the city. The heaven-intended chemist is town clerk or postmaster or market gardener at the best because of the accident of being born on a farm. There is always room at the top, yes; because there are so many misfits at the bottom. If they were not misfits they would rise without pushing."

It is wonderful to be able to read people whom you meet socially, and this acquisition is invaluable in business. If there is not a good Character Analyst in your town, then I would advise you to acquaint yourself with this science through the medium of books.

(See same in our list of books.)

Note.—"Brain Proofs and Porticos." A psychological study of Mind and Character. One hundred illustrations, by Jessie Allen Fowler. This book teaches you the different temperaments, the character of food adapted for each temperament, and predisposition to diseases.

Note.—"The Job, The Man, The Boss." By Katherine M. H. Blackford, M.D., and Arthur Newcomb, is a book containing many illustrations, and is worthy the earnest study of any one who wishes to know how to read character, and be able to make the most out of their natural endowments.

DIET

The subject of "Diet" is being more written about and talked about than, perhaps, ever before in the world's history, and yet probably not two people out of many thousands know anything at all about right combinations of food to properly nourish the body. Farmers are much better informed in regard to proper combinations and quantities of food they should give to their stock than they know about feeding themselves. The human body is composed of cells; these cells are born, mature, reproduce, die, and are absorbed. These cells work in groups and singly to keep the various organs and parts of the body going in accordance with the Divine plan, building tissue, manufacturing secretion, repairing parts, and organs that are affected. They also have many other duties to perform, and have sufficient intelligence to faithfully perform their respective duties if not interfered with; such interference may come about through ignorance and indiscretion on the part of men and women. Every cell must have nourishment, and they exercise choice in the selection of such nourishment. There are no two things in nature exactly alike. Individuals differ in many respects; hence, each individual should study to discover the kinds of food to meet their own requirements, although much can be known in a general way about food to benefit the race.

A book, titled "The Science of Eating," by Alfred McCann, is intensely interesting and profitable reading. He shows how one hundred and ten men, who were afflicted with paralysis, on board the "Princess Wilhelm" when she ran into Newport News during the war, were cured within three days by a proper combination of food. In his book, titled "Iridiagnosis," Dr. Henry Lindlahr calls attention to the following existing facts and conditions: "Not long ago the Bureau of Chemistry dyed experimentally a number of pieces of white silk with chemical colors obtained from various liquors and articles of diet put up for commercial purposes. Preserved cherries furnished a yard of pink silk. Currant jam a yard

of salmon silk. Port wine a yard of purple silk. Burgundy wine a yard of magenta silk. Tomato catsup a yard of light red silk, etc. The rosaline, used for coloring corned beef and sausage gave a dye of a beautiful and brilliant red. But in this line nothing has been found so suggestive of the rainbow as soda water syrups, which taken in a bunch are a chemical polychrome. The cheap candies which children buy are oftentimes most deleterious, containing clay, arsenic, sulphate of copper, and even prussic acid. Also they are colored with the deadly aniline dyes. Many of the cheaper brands of chocolate on the market are composed mainly of starch and animal fat. They do not taste much like chocolate, but they easily pass for it, with the addition of oxide of iron—that is to say, iron rust to give the requisite color. One plate of cheap ice cream was found when analyzed at the Bureau of Chemistry to contain as much fusil oil as five glasses of bad whisky; of strawberry flavor, or what passes for such, it was in truth a chemical compound.

“A medicinal dose of sulphate of copper is three grains. Eat these small artificially greened pickles and you will get an equal quantity of this dangerous chemical. The salts of copper and zinc are commonly employed to give a green color to peas, beans and other vegetables preserved for market in cans and glass jars.”

The physical body must be properly fed and nourished, or it will become impaired, and dissolution will finally result.

Now, my friends, I wish to call your attention to the work that is being accomplished by Dr. J. H. Tilden, in his sanitarium at Denver Col., by curing very many so-called incurables, without surgery or medicine, by system of diet, exercise, etc. His two books, titled “Impaired Health, its Cause and Cure,” which can be purchased for \$10.00, and his “Pocket Dietician” for \$1.00, are books that any one would be justified in studying. The “Pocket Dietician” contains many menus, and gives proper scientific combinations of food for human beings.

THE SOUL

Human beings frequently speak of their soul without, however, having the slightest comprehension of what the soul and its attributes really are. Only those who possess spiritual illumination, who have attained to the degree of mastership in psychic unfoldment can speak authoritatively on this subject. In order to give my readers a slight comprehension of the soul and its attributes, I quote from a book, titled "The Light of Egypt," by T. H. Burgoyne (now out of print): "The soul is formless and intangible, and constitutes the attributes of the divine spirit; therefore, we can only conceive and know the soul by learning the powers or attributes of the spirit. To illustrate, take a ray of light. What do we know concerning it? Nothing, except by its action upon something else. This action we term the attributes of light. In themselves the attributes of light are formless, but they may easily be rendered visible, either by their colors when refracted by the prism, or by their effects when concentrated upon material objects. This may be termed the soul of a ray of light. The organism of man gives us another example. Man possesses five external senses, viz.: seeing, feeling, hearing, tasting and smelling. In reality he has seven senses which can be used externally. All our knowledge concerning external phenomena must come at present through the mediumship of one or more of the five physical senses. The organs through which the function of the senses become manifest are visible, but the senses themselves are invisible and formless. We know them only as the attributes of the body; while the mind, which is perfectly and absolutely dependent upon the senses for information, well represents the spiritual Ego in its relation to the soul. The soul is formless and intangible, and can only be defined as the attribute of spirit. One cannot exist without the other; they cannot be called the same; there is the same difference between them as between a ray of light and its action, and between the body and its physical senses.

The spiritual body is the result or outcome of the soul's action, but is not the soul itself. It is an attribute of the soul, just as the soul is an attribute of the divine Ego, and this divine Ego in its turn is a crystallized attribute or expression of Deity. What, then, is Deity? The answer is, Absolute Potentiality; pure, formless spirit; unlimited, unconditioned intelligence. Definition can go no farther. This human body, through the mediumship of the brain, which is the sounding board of the senses, communicate with the external world, which is composed of various elements. The result is form, sound, color, etc. Our senses, then, constitute the only source of our external knowledge, and form the basis from which spring our ideas, thoughts and feelings.

The attributes of the spirit which we term the soul, bear a perfect correspondence to the physical senses of the body. That is, the soul bears exactly the same relation to the spirit as the physical senses to the human brain. Thus we have the physical and the spiritual senses. The physical are simply a reflection of the spiritual; they are two halves of the same attribute—the internal and the external. We see the intelligence, the mind, which at the back of the senses utilizes and tabulates the impressions it has received of the outer world, the world which it is itself powerless to penetrate. The mind is something above and beyond the senses, though it is absolutely dependent upon them. It is the same with the soul and the spirit. Evolve the states from within and the without will take care of itself. Let us remember that the material life of man is only one second of his existence, and that it is one of the most unprofitable things in the world to be selfish. Purity is the great touchstone, and as Jesus has truly observed, "Blessed are the pure in heart, for they shall see God."

APPRECIATION

Through the instrumentality of the Arts and Sciences, we are surrounded in this age with so many conveniences to make life easy and comfortable that we often fail to show our appreciation. I have heard my father say, when he was a boy living in a small town, he was often obliged to get up before daylight to attend to the fires; the weather was frequently intensely cold, and if the fires were out he would be obliged to obtain fires from a neighbor, or by means of flint, for in those days matches were a luxury and not in common use. Today one seldom appreciates the convenience of having a match always at hand. People living in cities have easy access to libraries, churches, schools, lectures, theatres, gas, electricity and many other things that might be enumerated; but how few thank God for the privilege of living in this day and generation, and in this wonderful United States of America, amidst all of these conveniences and comforts. What a contrast to the hardships our ancestors had to encounter in clearing the forests and preparing the way for our present civilization. Appreciation of music, books, pictures, and all that is good, pure and ennobling largely depends upon temperament and cultivation. The habit to appreciate little as well as big things should be deeply impressed upon children at an early age. We grow into mature years with the inclination of too little appreciation. Children lack appreciation for the sacrifices of parents; employers of employees, and employees of employers; and so it is in every phase of life. We do not appreciate greatness and goodness in others unless we vibrate on the same mental plane, and he is incapable of greatness and goodness who does not appreciate it in others.

INFLUENCE

Our Constitution says all men are born free and equal. It is true that we all live, move and have our being in a great ocean of Mind-Power, and we are each of us a center in this great ocean of Mind-Power, and the "I" is master of this power. We each of us have the potentialities of ultimate perfection, but it is not true that we are each born free and equal in a physical sense. A baby boy is born in New York City in a palatial home, surrounded with everything that money can buy, for his father is a multimillionaire. In boyhood and early manhood he has the advantage of education, culture and travel. On the same day a baby boy is born in a hovel on the hillside of a mountain stream; this child is not surrounded by luxury and comfort, and has not the advantage of an education; he is not surrounded with influential relatives and friends, but somehow this child, born of poor parents and with seemingly limited opportunities rises to fame and fortune, for he has been obedient to the urge of the Soul within; and the child born of wealthy parents has been pampered and fed on things that have stifled the growth of the Soul; he achieves nothing worthwhile for himself or others. We cannot accumulate knowledge and wisdom through the influence of others; it is only by personal effort that these Soul acquisitions can be acquired. Others are affected by what I am, and say, and do, and these in turn have also their sphere of influence in proportion to their positive or negative disposition. Influence cannot die; every act, emotion, look and word leaves its impress for good or bad, happiness or misery.

"Every thought which genius and plenty throw out into the world alters the world."—Emerson.

SPEECH

Jesus said, "The kingdom of heaven is within you." Then manifestly the kingdom of heaven is the realm of Divine ideas, and language is the vehicle by which human beings are to give verbal expression to their ideas; yet, how many human beings do misuse and abuse this wonderful gift by giving vent to profanity, gossip, vituperation, recrimination, fault-finding, quarreling, etc. I recently listened to Roger Babson, for more than an hour talk to a large audience of business men on past, present and future business conditions. Why was he able to hold the undivided attention of such a large and an intelligent audience? Because he had acquired special knowledge and had many ideas to advance, and because he had cultivated the art of speaking well on all occasions, in daily life as well as on the platform.

Dr. Federick Houk Law, in his lessons on Mastery of Speech, gives an example of how two young men starting life poor, and with practically no influence; one cultivating the power of speech literally talked himself into riches, fame and power, while the other, a companion in their school-boy days, neglecting to cultivate the power of speech which always opens the door of opportunity, remained in obscurity and comparative poverty. One may not have an ambition to become an orator or a public speaker, but the ability to express one's ideas interestingly, entertainingly, fluently on all occasions is a wonderful asset, and this power can be acquired by any one who will persevere like D'Israeli and Elihu Burritt. Elihu Burritt became a great linguist, mastering forty languages during his odd moments. Nothing is more silly than to carelessly give expression to a rude or inappropriate thought just for the mere pleasure of such expression, when an opposite behavior, full as innocent, might have preserved your friend or made your fortune.

THE SPOKEN WORD

The Scriptures say, "For every idle word we must give an account." If every boy and girl could be deeply impressed with and get a clear understanding of the quotation given above, do you think they would give expression after they became men and women to so much profanity, vulgarity, obscenity, self-condemnation, gossip, etc.? I recently heard the following story: A small child with a large stock of surplus energy frequently importuned her mother for this, that, or the other thing, until in sheer exasperation the mother exclaimed, "I wish I could never hear that word 'mother' again. Soon after this the child sickened and died. Five other children were born to this woman, and every one was deaf and dumb. What an awful price to pay for a spoken word. Almost every one has acquired the habit of expressing thought without giving any consideration to the possible, far-reaching effects of the words which they are voicing. People often have no intention to make a mis-statement or to tell a lie, but taking no pains to be exact they often convey false impressions. We owe it to ourselves and to humanity to be careful in the selection of our spoken words, for words once spoken can never be recalled; they have in them the power of good or evil; they start out on their endless journey to give instruction or blessing, or leave a trail of injury, sorrow or ruin. No one can arrest the progress of a cruel or unjust word carelessly spoken. The spoken word often makes a lasting impression on the mind of a child; therefore, every one should feel the responsibility of voicing only the good and true in the presence of children.

"There is more hope of a fool than a man who is hasty in words."—Solomon.

DANGEROUS OR BENEFICENT POWER

If you should see children playing with a dangerous explosive or anything that could do them a great injury, you would doubtless be much disturbed, and in all probability make an effort to dispossess them of such explosives, and remove them from the impending danger. Such explosives and dangerous situations are trivial compared with the unseen forces that a great preponderance of human beings are continually and ignorantly using. We are using some phase of our mind all of the time, and if we do not use our mind in accordance with Divine law and order it is far more dangerous than any explosive, for according to our thought processes we are continually drawing to ourselves or inflicting upon others good or bad conditions. Careless, superficial thinkers are often prone to ridicule anything which they do not understand and which they have not investigated that does not harmonize with their preconceived views. My friend, do you realize that ignorance will not protect you against the operation of the immutable laws which govern your being? You can consciously and scientifically employ your mind to draw to yourself any good thing that you may desire—money, lands, possessions, luxuries, health and happiness, or you may draw sickness, poverty, unhappiness, etc.—for what you think you actually create. If you think of anything even for a short time you have commenced to create that very thing, and if the thought be persisted in it will eventually manifest itself to you in the physical world. Sometimes the thoughts we entertain produce instantaneous results. At other times we are obliged to keep our thoughts centered on an idea for weeks, months, or years before it objectifies. A serene, calm, determined, expectant mental state will inevitably bear fruit after its kind.

BUSINESS PROGNOSTICATIONS

Social and economic subjects are controversial. Hitherto I have refrained from entering this field, but having recently listened to a lecture given in Cincinnati by a distinguished statistical economist, I feel an impulsion to make the following comment, although the limitations of this article will not permit of sufficient amplification. This gentleman traveled, with his charts, over a period of one hundred and fifty years in order to prove that the periodic recurrence of business depression and consequent adjustments were inevitable; that they always had obtained at about certain intervals, and they always would. This reasoning is as fallacious as the following, which Atkinson mentions: "Bad crops follow the election of a Whig president; therefore, the Whig party is the cause of the bad crops." The distinguished lecturer stated that his organization consisted of three hundred and fifty people. They make predictions one year in advance of business conditions that are to obtain, predicated upon present conditions and past events. This information is sold to many thousands of business men, financiers and gamblers. Every activity and every result is the outcome of thought and of suggestion. Get a new idea into your consciousness, and the whole course of your earthly existence may be changed. Thoughts are things, for thought precedes all action. Perhaps this gentleman and the members of his organization are entirely unconscious of the fact that they are helping to induce the very condition which they prognosticate. The information which they send out is accepted as reliable by a preponderance of their clients. Men shape their business plans, and bet their money on this advanced information. It makes a deep impression on their subconscious mind, and at least 90 percent of all our mental and physical activities are subconscious. They offer prognostications, but never suggest any constructive remedies for existing bad conditions.

SOME REMEDIES SUGGESTED

If men and women would realize that they are an individualized expression of God, and are here as an instrument through whom God may express Love, and all of Love's attributes, then harmony, justice and equity would obtain; but if they manifest greed, avarice, unholy ambition and self-interest, then confusion and injustice must reign. There are approximately seventy million adults and forty million children of all ages in the United States, and while it would be impossible to convert a majority of men and women to habits of right thinking and scientific living, it ought to be easily possible to train every boy and girl during their school period in habits of right thinking and scientific living. The hope for better social and economic conditions is in our boys and girls; they should be educated in accordance with their natural endowments; and there should be a sane and scientific method evolved, whereby every boy and girl could be placed in occupations and professions, so as to bring out their God-given endowments for their own benefit and that of the race. There should be an effort made to eliminate misfits everywhere, and to eliminate the idiotic methods of distribution of product, and the enormous waste and duplication of service in all lines; and gambling in the necessities of life should be abolished. If private capital can not or will not furnish employment to every one who needs it, then surely the people have a right to expect their state or government to furnish employment of some nature at a minimum wage, for human beings have a right to earn their bread by the sweat of their brow. "Why not study how to make this earth a better place on which to live?" Conditions which obtain today are different from any other period in the world's history, due to improvements in the arts and sciences.

INSTRUCTION WORTH WHILE

The fact that a great majority of mankind have no conception of what they really are is due to our system of education, or rather lack of education. It is pathetic that boys and girls are sent out into the world to assume all the responsibilities of life without knowing anything about the laws which govern their being, when this knowledge could be so easily imparted to them—knowledge that would always enable them to control their bodies, circumstances and environments. Many people live a lifetime and others many years without receiving this instruction, and yet the most important education for every child is a knowledge of their own physical and spiritual being and the immutable laws which are always operating either for or against them. Crime, sickness, disease and inharmonious conditions of all kinds must always exist and probably increase, until mankind learns that the physical body is only an effect; that it is undergoing a continuous process of change in accordance with the character of our thought.

A single thought in the morning may make you sick or well, happy or sad. What you see of an object—a tree, a plant, a stone or man—is only a sheath, a covering for the spirit which binds it together. When the force, the power, the spirit of anything you see manifested ceases to act, then decay and dissolution takes place, for it is only this force or spirit that binds things together. It is possible for every man and woman to control this force or power if properly instructed, and the time for such instruction is manifestly during the school period.

“To know the laws of God in nature and revelation, and then to fashion the affection and will into harmony with those laws—this is education.”—S. F. Scovel.

EDUCATION

"He is to be educated, not because he is to make shoes, nails and pins, but because he is a man."—Channing.

Walking, running, lifting or any physical manifestation is truly as much the result of mental activity as is talking or writing. Man cannot move a foot or a finger without conscious or subconscious thought. Man has the power within to do what he will. Nothing can be done without the employment of mind-power. Unfortunately many weaken and scatter this power by undertaking to do two or more things at one time. There is no more important practice for children and adults than concentrating on doing one thing at a time. Continuity of thought is absolutely necessary if you wish to study or do anything well, and continuity of thought is only possible through the power of concentration. If all children possessed the same tastes, temperaments and talents, they might be successfully instructed in classes as is now the custom; but inasmuch as children are not all alike, some other system is imperative if we wish to bring out the innate potentialities of each child.

Hannah Moore says: "I call education not that which is made up of shreds and patches of useless arts, but that which inculcates principles, polishes taste, regulates temper, cultivates reason, subdues the passions, directs the feelings, habituates to reflection, trains to self-denial, and, more especially, that which refers all actions, feelings, sentiments, tastes and passions to the love and fear of God."

Education is knowledge of how to use and properly co-ordinate every faculty so as to be well-balanced, for most of us are inclined to employ only one or two, whereas every faculty, capacity and power must be continually used and exercised or they will become weakened and atrophied.

THE PHYSICAL vs. THE MENTAL REALM

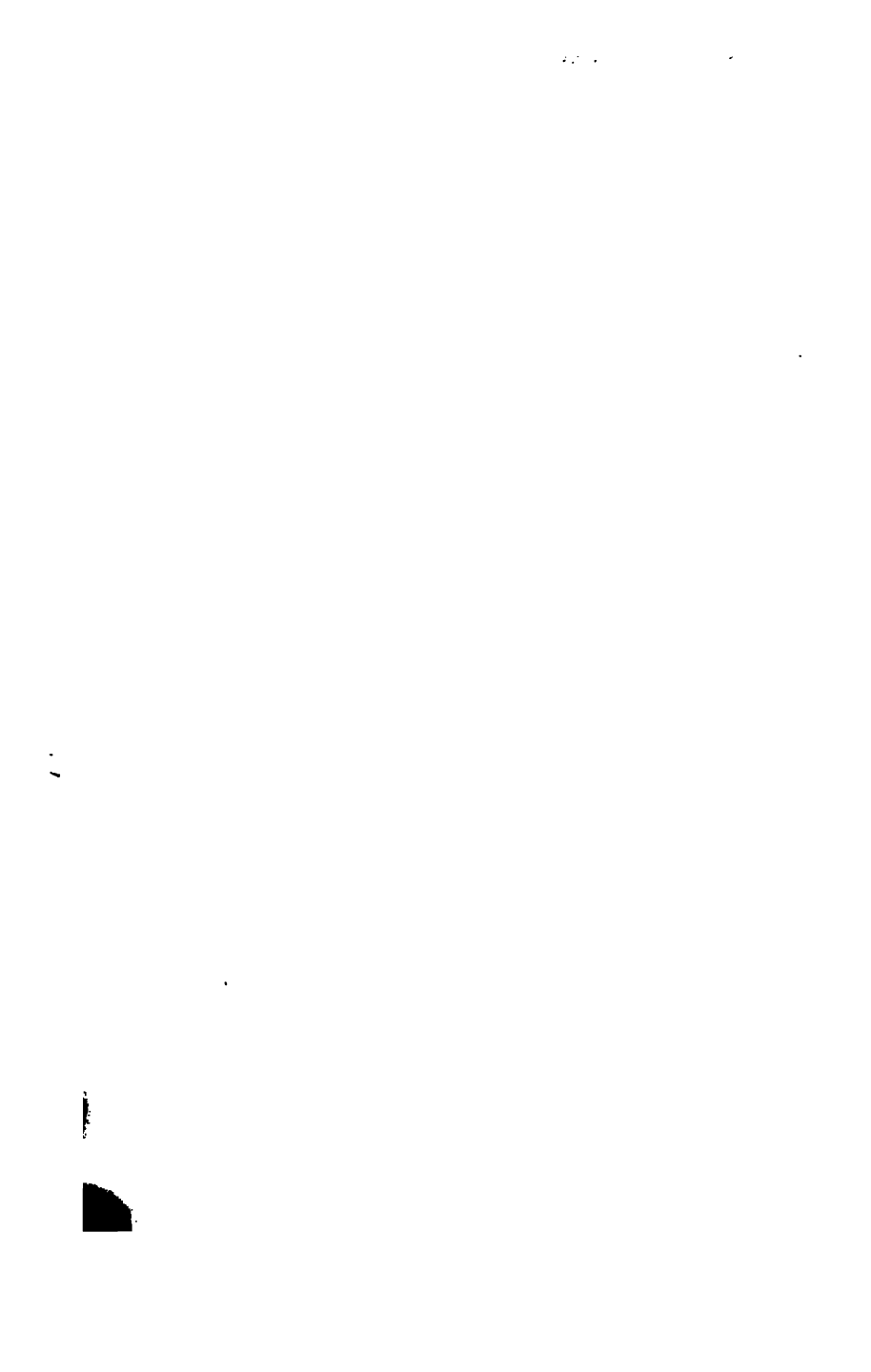
If you place a phonograph record in an instrument to which it belongs, and do nothing more, there will be no music, song or speech. The human body may have every organ, nerve, brain, etc., and every part that goes to make a complete physical body may be perfect and ready to function, but it would be absolutely inert, and could do nothing until mind causes it to function in all of its parts. Most people think of themselves as a physical body, whereas they should think of the body as the "temple of the indwelling Spirit—the Soul." The physical body is man's medium for communication with the physical world, but without mind directing it the physical body would be nothing but a helpless mass of matter. Psychology is considered the science of mind, but in the last analysis it is the science of mental states—thoughts, feelings, and acts of volition. Sir William Hamilton says, "What we mean by mind is simply that which perceives, thinks, feels, wills and desires." The mind cannot be located; it is not a material substance; it does not occupy space; but we see the manifestation of mind everywhere; deprive it of its phenomena and it would become a mere abstraction. The soil may be virgin and rich, but without cultivation nothing will be produced. Just so it is with the mind, without cultivation it is erratic and will not produce anything worth while. The cultivation of your mind involves personal effort; no one can do the work for you; you have the power to make yourself sick or well, happy or sad, rich or poor. Every thought of yours is a real thing—an actual power; it is building for you a wonderful body, all aglow with health, or the reverse.

A Carefully Selected List of Good Books

Right and Wrong Thinking.....	Aaron Martin Crane
Our Invisible Supply (2 vols.)....	Frances Laramer Warner
Privileges and Democracy in America.....	Frederic C. Howe
The Healing of Pirepont Whitney.....	William W. Walker
The Sower, the Seed, the Soil.....	William W. Walker
The Greatest Thing in the World.....	Henry Drummond
Natural Law in the Spiritual World.....	Henry Drummond
The Ascent of Man.....	Henry Drummond
Advanced Course.....	Yogi Ramacharaka
Fourteen Lessons.....	Yogi Ramacharaka
Hatha Yogi.....	Yogi Ramacharaka
Raja Yoga.....	Yogi Ramacharaka
Winning Personality.....	Arthur Gould
Thinking for Results.....	Arthur Gould
The Great Within.....	Arthur Gould
How to Become Prosperous.....	Arthur Gould
Genics and Eugenics.....	Prof. Wm. E. Castle
Influencing Men in Business.....	Walter D. Scott, Ph.D.
Developing Executive Ability.....	Enoch B. Gowin
Cosmic Consciousness.....	Dr. Richard M. Bucke
Subconscious and Superconscious.....	William W. Atkinson
Suggestion and Auto-suggestion.....	William W. Atkinson
Psychology of Success.....	William W. Atkinson
Thought Force.....	William W. Atkinson
Thought Culture.....	William W. Atkinson
The Inner Consciousness.....	William W. Atkinson
The Mastery of Being.....	William W. Atkinson
The Psychology of Salesmanship.....	William W. Atkinson
The New Psychology.....	William W. Atkinson
Your Mind and How to Use It.....	William W. Atkinson
Personal Magnetism.....	Thuron Dumont
Philosophy of Natural Therapeutics.....	Dr. Henry Lindlahr
Practice of Natural Therapeutics.....	Dr. Henry Lindlahr
Vegetarian Cook Book, and A.B.C. of Natural Dietetics.....	Dr. Henry Lindlahr
Iridiagnosis.....	Dr. Henry Lindlahr
Perfect Sight Without Glasses.....	Dr. Wm. H. Bates
Vitality, Fasting and Nutrition.....	Hereward Carrington
The Science of Eating.....	Alfred W. McCann
Character Reading.....	Thuron Dumont
Power of Concentration.....	Thuron Dumont
Solar Biology.....	H. E. Butler
In Tune With the Infinite.....	Ralph Waldo Trine
The New Alignment of Life.....	Ralph Waldo Trine
The Ideal Made Real.....	Christian D. Larson
In the Hollow of His Hand.....	Ralph Waldo Trine
Lessons in Truth.....	Emilie Cady
New Thought Common Sense.....	Ella Wheeler Wilcox
The Heart of New Thought.....	Ella Wheeler Wilcox







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